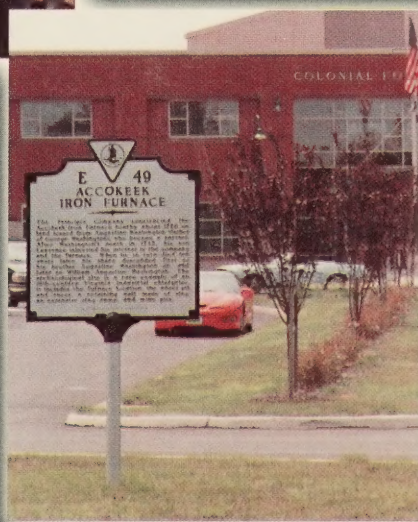
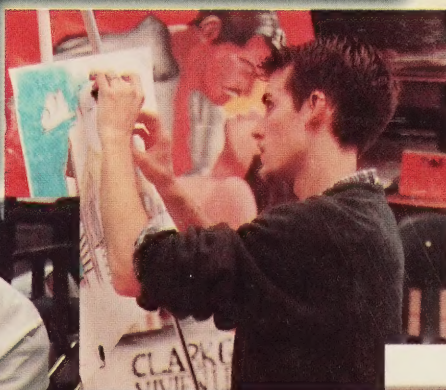
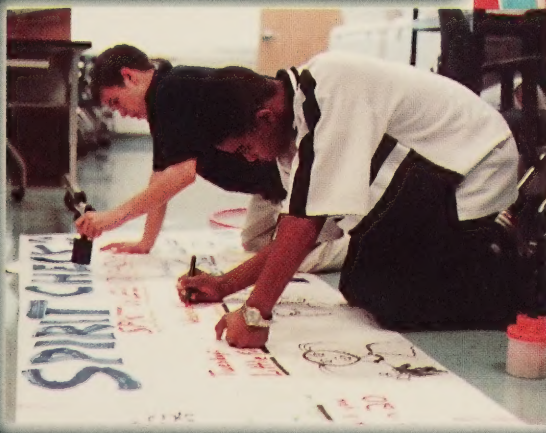
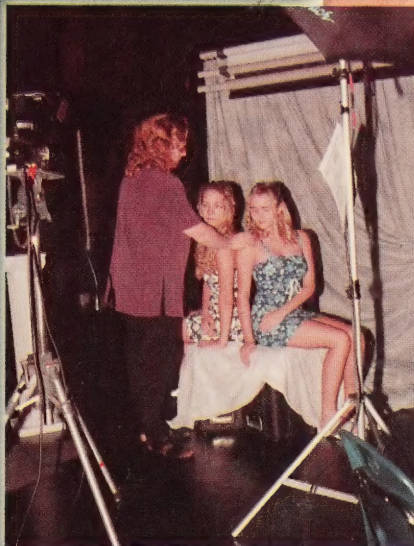
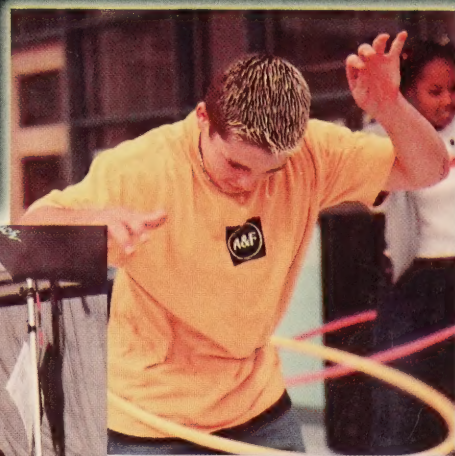


wait...

there's
more



APOLLO 2001

wait...

there's more

more than...

4^{student life}
freedom

30^{people}
faces

82^{sports}
muscle

136^{organizations}
membership

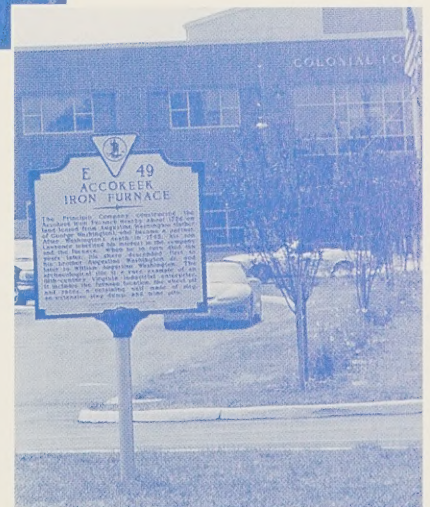
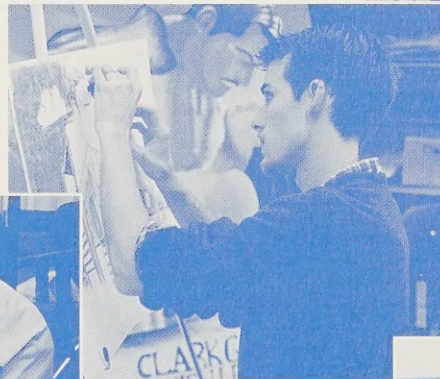
168^{academics}
facts

194^{community}
service

From top to bottom:

Picture 1: At a mini-pep rally during Spirit Week, junior Kyle Graham attempts to win the hula hoop contest. Photo by Tara Roe **Picture 2:** Under the direction of Lifetouch photographer Michelle Parrotte, seniors Sheena Kelly and Jessica Thompson pose for their senior pictures. Photo by D. Siegmund **Picture 3:** Cooling down after a practice meet against Stafford, members of the boys cross country team jog Stafford's cross country trail. "Cross country is more than just running because you have to . . . push yourself until you can't anymore. It's more than just running and moving your legs," sophomore Philip Banks said. Photo by Kelly Burcham **Picture 4:** "Really good artists can convey emotion in a drawing or a painting. I put myself into it. I add emotion," said junior Ryan Evans, an Art I student. Photo by Kelly Burcham **Picture 5:** Using markers and paintbrushes, SCA president senior Patrick Heck and treasurer sophomore Marcus Allen create a sign to alert the student body of upcoming SCA events. Photo by Kelly Burcham **Picture 6:** A historical marker, installed by VDOT on May 8, indicates the significance of the school site in the community. The land was previously owned by George Washington's father and was an iron forge. Photo by D. Siegmund

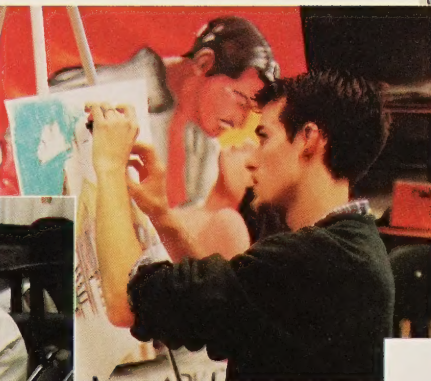
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 616 Amelia St.
 Fredericksburg, VA 22401



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City
N.Y.
June 1st 1914

wait... *there's more*

Apollo 2001
Volume II



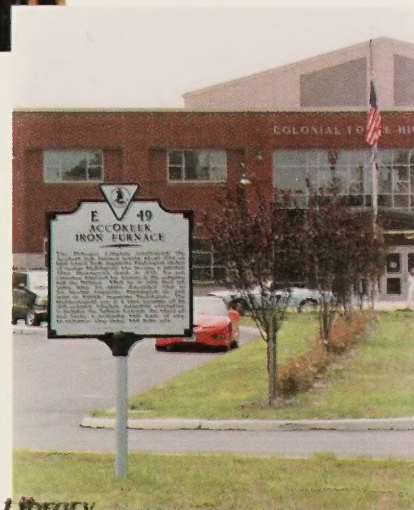
Colonial Forge High School

550 Courthouse Road
Stafford, VA 22554
(540) 658-6115

<http://www.pen.k12.va.us/div/stafford/cfhs/>
Enrollment: 1289

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Ap

Student. Athlete. Actor. Club officer.

A name on a roster. A face in a crowd.

Is that who we are?

Take a second look.

We were more than just students.

More than classmates. It was more than just a school.

Seemingly ordinary things often become more.

A colorful butterfly emerges from a cocoon.

A diamond begins as a piece of coal.

As the second year began, students strived to make it

wait ... there's more

better than the first.

With a complete student body and a fresh start,

we were determined to learn more,

do more, and be more.

We learned that no two people are the same.

We saw beneath the surface of our classmates and

learned that they were more

than what we saw on the outside.

We learned who we were and what we were about.

At first glance it was just a school of students.

But there's more than meets the eye.

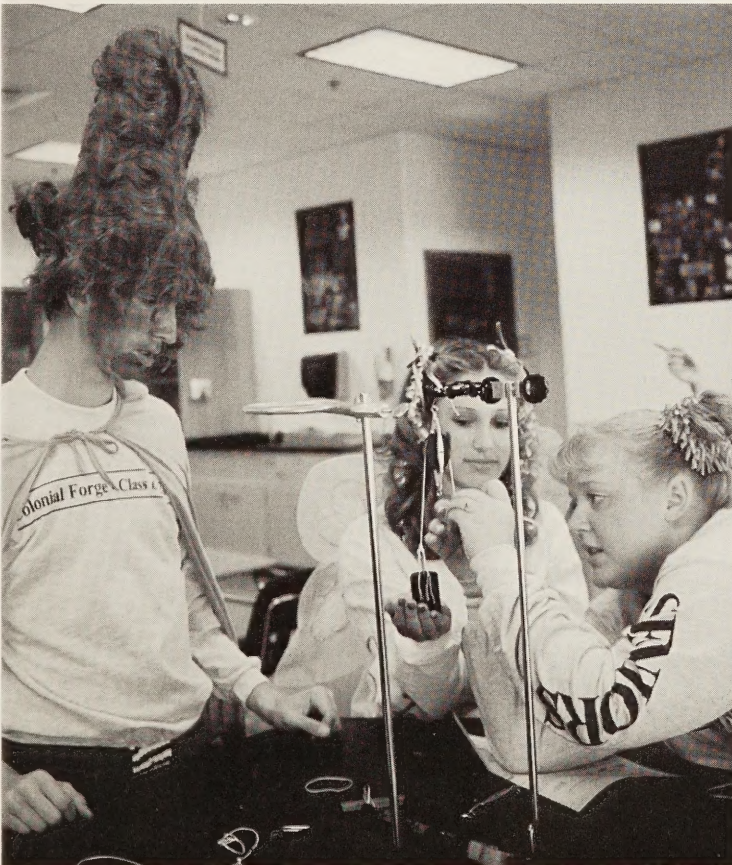
by Kelly Burcham



More than Marching.

Competing at Spotsylvania High School, flutists from the marching band stand in formation and play their music. Members of the marching band were required to memorize not only the steps and marching routines, but their music as well.

I am more than a writer. I am more than a volunteer. I am dedicated. I am a journalist. I am more than a friend.
 I am an SCA officer. I am spontaneous. I am a runner. I am normal. I am a golfer. I am strong.
 I am intelligent. I am a slacker. I am an artist. I am more than a cheerleader. I am a mediator. I am a leader.
 I am an individual. I am original. I am a science student. I am a success. I am more than a mathematician.



Spirited Scientists. On Spirit Day, seniors Justin Hogan, Joanne Gold, and Beth Williams test pulleys and the efficiency of machines for their Physics lab. Seniors were a driving force behind spirit, according to junior Randy Hawkins, who said, "I missed not having seniors last year. Things are more fun with a senior class."

Smackdown. Playing Brooke Point late in the season, junior Kristin Bryant slams the volleyball over the net and through the hands of a defending Blackhawk. Her teammates ready themselves to receive a return. Teamwork and communication was an important part of volleyball. The Lady Eagles defeated the Blackhawks 3-0.

It seemed like life began when school ended. What did we do for the other seventeen hours and thirty minutes of the day?

Remember Newcoming? How we ate Chinese food and then danced until midnight? How about Spirit Week? We went to the mall and tried on cowboy hats for Western Day for

more than... *freedom*

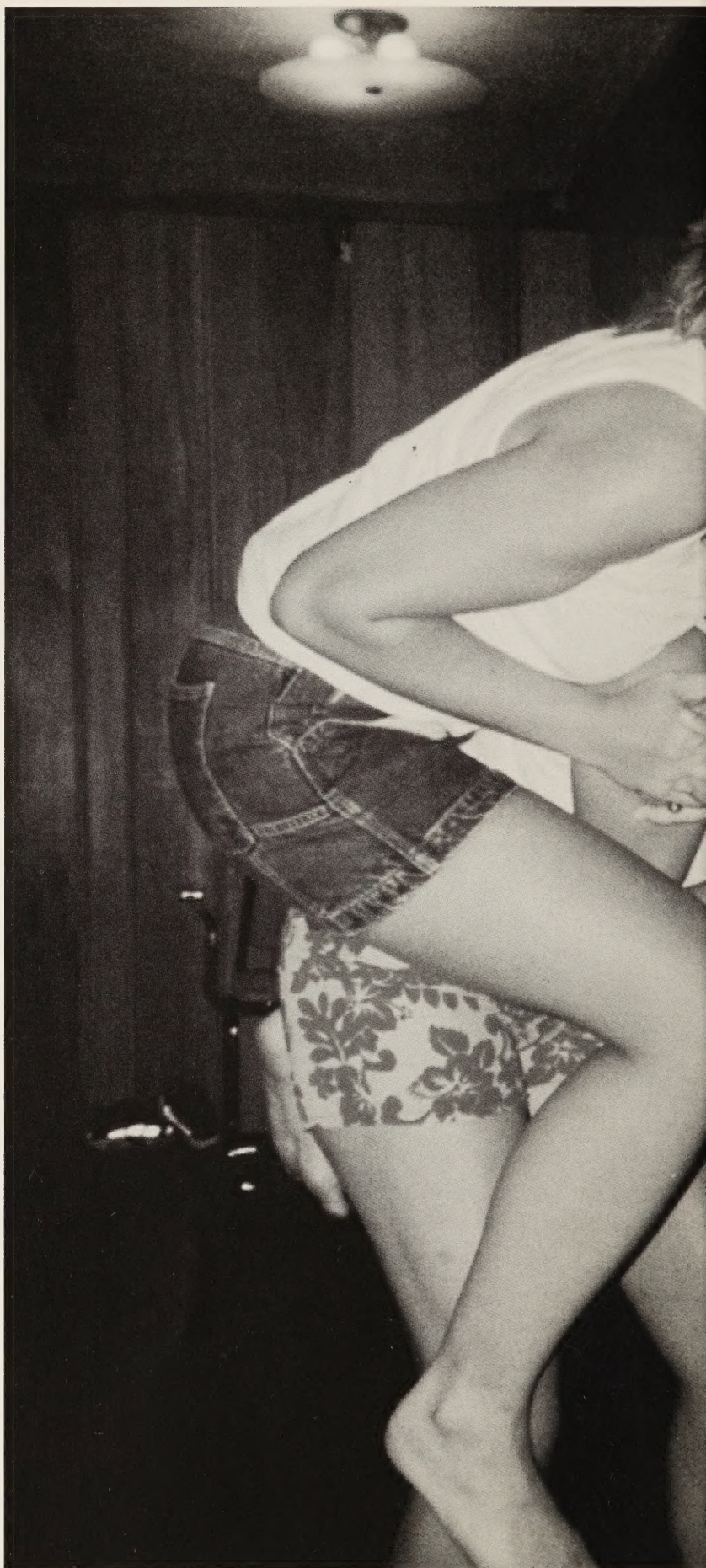
hours.

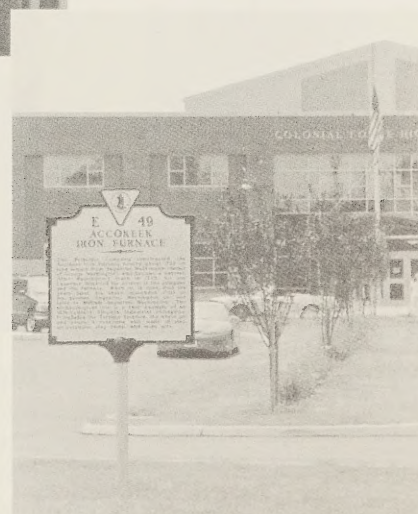
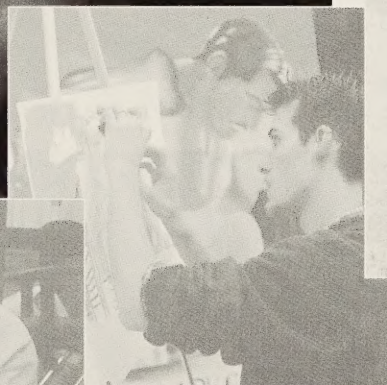
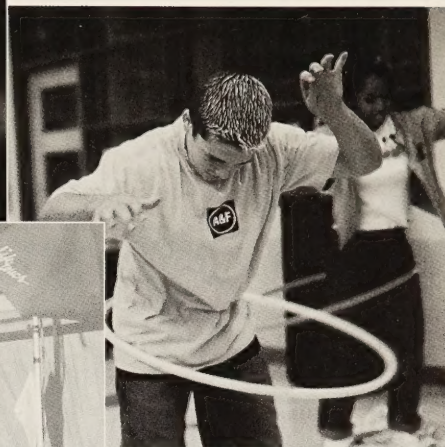
Who could forget driving around Stafford in the convertible with the top down, even though it was raining? Or the time we ran out of gas on the way to school and had to call a tow truck?

We made so many memories. What we chose to do in our free time molded us into who we were to become.

by Kelly Burcham

All Smiles. Hanging out together over the summer, junior Lauren Arroyo attempts to wrestle junior Amber Romero to the ground. "My friends make me happy," Amber said. "Some of my friends and I have grown up together. They've helped make me who I am today."







Behind the Scenes

"Finding a tux was no problem because I wore my dad's."

-Junior Adam Green

by Liz Sowers

At first glance, it was a "Night at the Oscars," but behind the scenes was a night that took hours of preparation and several thousand dollars to create.

On Saturday, April 29, the first prom was held at the Riverside Center. In order to make the night a memorable one, students reached deep into their wallets.

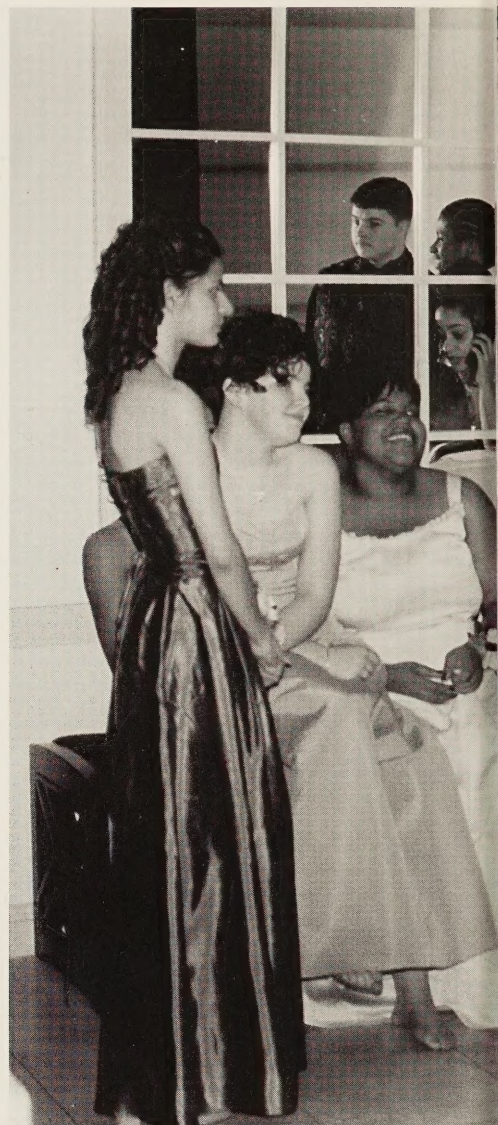
Girls spent time and money on dresses, shoes, accessories, and "up-do's," averaging about \$300. The gentlemen emptied their

pockets on tuxedo rental, dinner, and corsages, bringing their total to about \$175.

"It cleaned out my wallet!" said junior Billy Hollenbach.

However, by the time the sun rose, signifying the end of the Oscar After-Party, students felt the time and money that went into the night was well spent.

Sophomore Angela Williams said, "I had to run through the mall to find a dress, getting a hair appointment was crazy . . . but the night was so great."



Oldie but Goodie . . . The Village People came out with the YMCA in the late '70's but the song is still a hit in the 21st century. Everyone knew how to Y-M-C-A.

Bow to the King . . . The crowd received a surprise as they waited for the King to be crowned. The boys on court didn't rise from the floor when the King was announced.

Photo Courtesy of Liferouch

Photo courtesy of Liferouch





Cooling Down . . . Friends gathered in the lobby of the Riverside Center to talk and laugh. Sitting in the lobby offered friends a cooler and quieter atmosphere than the loud stuffy dance floor.

Prop Directors . . . Junior class sponsor Mrs. Cindy Trant and Mrs. Jennifer Stocks prepare decorative film for the stage.

Photo by Kelly Burcham



Photo by D. Stegmann

Royalty . . . Juniors Mitch Nason and Chrissy Dodd, waiting for the final announcement, were crowned the 2001 Prom King and Queen.



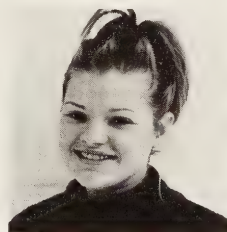
Photo courtesy of Lifetouch

Embarrassing moments at the "After-Oscar Party"



"I was so tired, I kept running into the walls while I was driving the go-carts."

-Tim Pote ('02)



"I was playing laser tag and I got lost. A staff member had to come find me."

-Danielle Turner ('02)



"I was running after my girlfriend, I tripped and fell and my pants got all dirty."

-Scott Lawson ('01)



Planning Ahead... Members of the Inter-Club Council stayed at Graves Mountain Lodge to plan activities for the upcoming year.



Photo courtesy of Lauren Grissold

Dog Days Taking a break from a summer practice, seniors Justin Hogan and Malise Tepera cool off.



Photo by: Kelly Burcham

by: Natalie Childress

"I had so much going on this summer related to school, I lost almost my entire social life." Sophomore, Shelby Palmer



So Much To Do...

The stress of school was over. Three months of free time to relax, sit back and get a tan stretched ahead... yeah, right!

Jobs, camps, sports, and summer assignments filled students' free time.

"I went to Nags Head the week before school started, and I ended up doing my summer reading on the beach," said senior Mike Gillies.

"While my family was on summer vacation in Orlando, I was stuck at wrestling camp

at Penn State for two weeks," sophomore Scott Fisher said.

Despite sports camps, work schedules, and summer homework, students still managed to find the time to kick back and do the things that they enjoyed.

"In the summer, I sleep until noon almost every day," said senior Linda Wesley. "I love the days when I can stop, relax and just chill with my friends and do nothing. That's what I really miss about the summer."

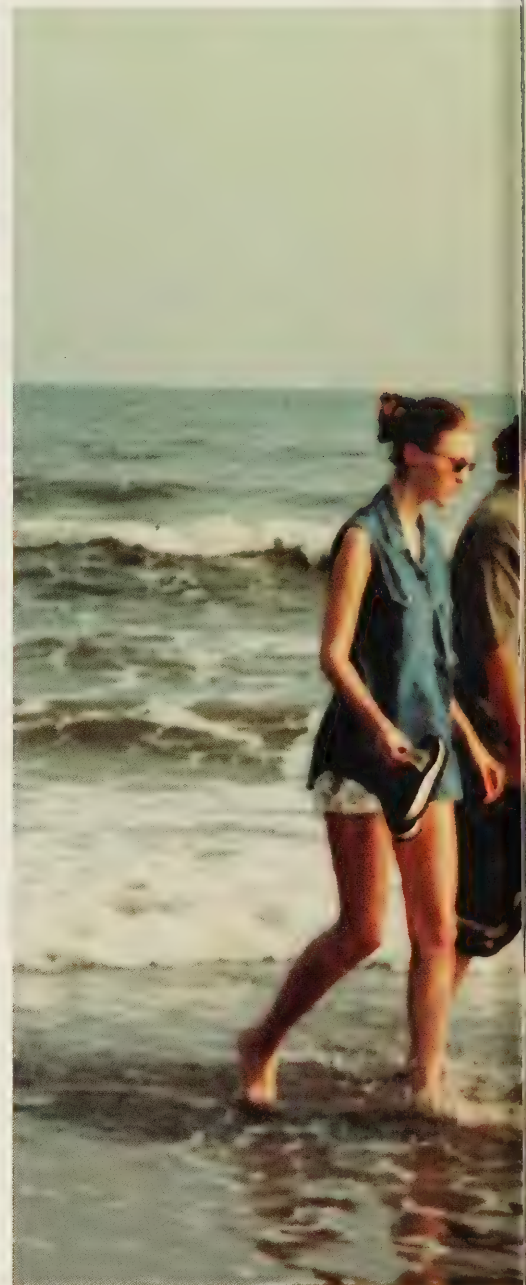




Photo courtesy of Kelly Everett

Out for a Walk! Seniors Jennifer Franklin and Kelly Everett and freshman Stacy Everett take a walk along the beach.

When you were a kid, what was your favorite thing about summer?

"Walking around in your bathing suit all day!"
Daniella Sandoval ('01)

"In Alabama, I used to catch snakes and shoot beavers with BB guns!"
Nathan Parsons ('02)

"I used to play on the playground and climb trees."
Leigh Johnson ('03)

"I used to play mermaids in the swimming pool."
Christina Williams ('04)



Photo courtesy of Linda Westley



Photo courtesy of Ashley Stroud

Backcountry While on a Marine Science trip to the Bahamas, senior Adam Philips rests in a hammock overlooking the ocean.

Summer Girls At Kings Dominion, junior Ashley Stroud sings on the karaoke stage. She hosted the show as a summer job.



Drivers Wanted

"I can't wait to get my license. It will be so much fun."
- Freshman Melissa Downham

by Lauren Griswold

You've finally blown out your sixteen birthday candles--or seventeen, if you wanted a little extra luck--and you now have a license to drive without one of your parents riding shotgun. It's what you've waited so long for . . . and now it's finally yours.

The dream of getting a driver's license was shared by most teenagers . . . but why? What was the big deal about getting a plastic card with a picture that you probably have at least one eye closed

in anyway?

Freshman Danielle Downing, still two years away from having her license, said, "I won't have to wait around for my parents after swim practice, or bum a ride from my friends. I'll have more freedom."

On the other hand, senior Kristen West said, "I love being able to drive, but I hate driving my brother [Cory] around."

A driver's license did have its downside. . . but students still wanted one.

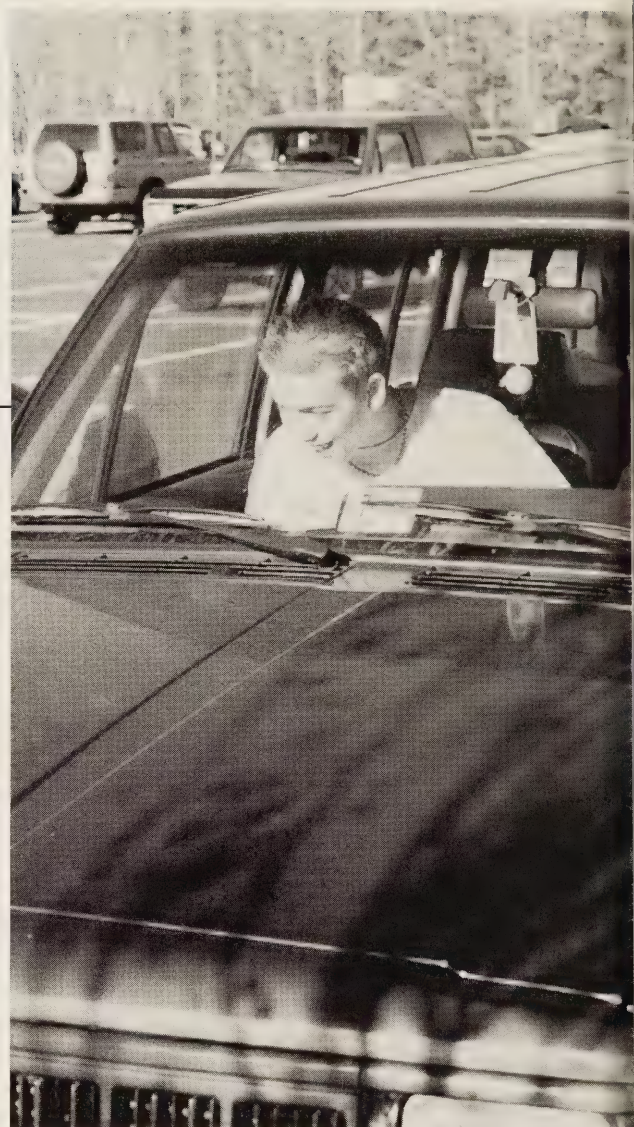


Photo by Michelle Fabie

Photo by Laurie Miller

Classic . . . Several students drove the new VW bug to school, but senior Christie Miller was one of the few driving the older model, popular in the seventies.

Drunk Driving . . . Coach Don Casias teaches the dangers of driving while intoxicated to sophomore Reggie Davis in his required driver's education class.

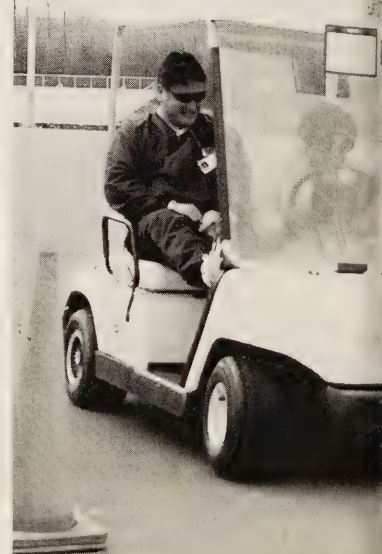




Photo by D. Siegmund

Photo by D. Siegmund

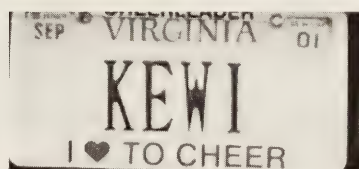
Ride With Me . . . In the senior parking lot after school, sophomore Liz Jorge talks to her sister senior Monica Jorge and her friend senior Wes Vickory.

Ants Go Marching . . . Students drove single file out of the student parking lot's exit and onto Courthouse Road with the aid of faculty traffic directors.

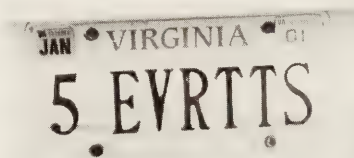


Personal Touch

Students expressed their unique personalities with personalized license plates.



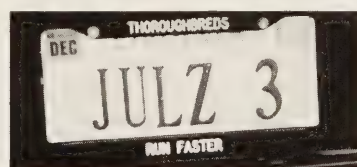
Stephanie Graham ('02)



Kelly Everett ('01)



Sean Dore ('01)



Julie Ross ('01)



Christie Miller ('01)



"Senior" Citizens . . . Twenty years from now seniors Shannon Mudd and Mike McTighe imagine themselves with gray hair and pot bellies.

Number One Stunter . . . At the Spirit Week pep rally, junior Natalie Reck and senior Becca Dudenhefer hold up a stunt pyramid while the entire school looks on. "I love pep rallies. Hearing the crowd cheer and then being put up into stunts is so cool," said Natalie.

No Pain, No Gain . . . During a tug-of-war battle between the four classes, juniors Matt Cruz and Patric Ferris try to pull out a win for their class. Despite their efforts, the sophomore class won the pep rally contest.



Photo by Chessa Cregger



Photo by Kelly Burcham



Photo by Tara Roe

Spirit Week

"I didn't dress up for Spirit Week, but I want to be a teacher like Mr. Lerner."
-Senior Bryan McNulty



"The scary thing about Spirit Week is that I actually had the stuff laying around my house."
-Senior Brittany Bower



Spirit Paint... At lunch, sophomores Suzanne Gallimore and Amy Breyer paint each other's faces. Students also used colored spray in their hair.

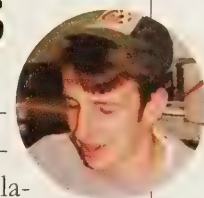


Photo by Ruth Martin

by Natalie Childress

"Little Kid Day was easy. I just stole my two-year-old brother's toys. He cried, but I took them anyway." -Sophomore Bo Trant

Alternative Spirit



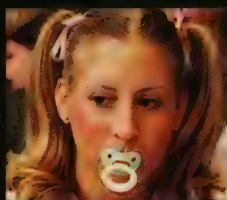
Walking through the hallways during Spirit Week could be quite a sight. Doctors, cowboys and cows, toddlers, superheros, and green and blue who-knows-what wearing capes roamed the halls.

For the second year in a row, the main staircase in the cafeteria became a place for students to flaunt their unique spirit during lunch shifts. Students mounted the staircase hoping to win the approval of their fellow students for their spirit outfits.

They also participated in other lunch-time contests, like hula-hoops and the limbo.

Students showed off their spirit all week long. On Monday, students traveled twenty years into their futures. Tuesday had students expressing their 'cowboy side.' Wednesday saw cartoons and superheros. On Thursday, students took baby steps back to their childhood, and on Friday, they displayed their pride for the "Green and Blue."

"For I made my own superhero costume. I was Lerner-Man."
-Mr. Paul Lerner



"The whole day long I felt like I was young again."
... was really fun."
-Sophomore Heather Unger

"I think a lot more people dressed up for this year."
-Sophomore Jessica Light



Pepping the Puffs . . . Coach Mark Doherty gives the senior team a pep talk during half time. The score was in their favor at the half, 16-0.

Men in Tights . . . The powder puff cheerleaders, a group of ten, braved the cold and got into their roles, wearing tights and skirts.

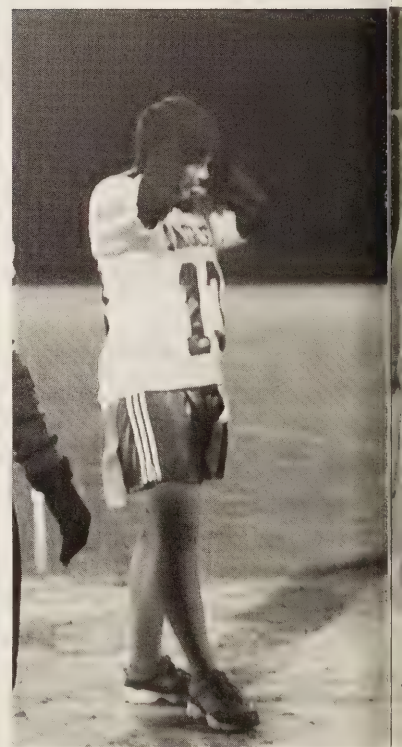


The Powder Puff Cheerleaders . . .

Not just your average guys

"This was my first and last year cheering for Powder Puff. . I am normally the one out on the fotball field so I'm used to being cold, but that Friday wasn't the normal cold. There were five of us seniors running around in tee-shirts and skirts or shorts. I think we put on a good show, and our coaches were proud of us." -Senior Mark Major

"Being a cheeleader for Powder Puff was quite interesting. I thought it was cool having to stuff our shirts with balloons, but I really hated wearing the tights. I feel sorry for real cheerleaders having to wear those skirts in the cold. It was so much fun trying to do the stunts and falling all over the place. It was a cool experience." -Junior Joey Harpine





Puffs and Pig Skins

"It was freezing cold, but I had fun."

-Senior Nicole Mackey



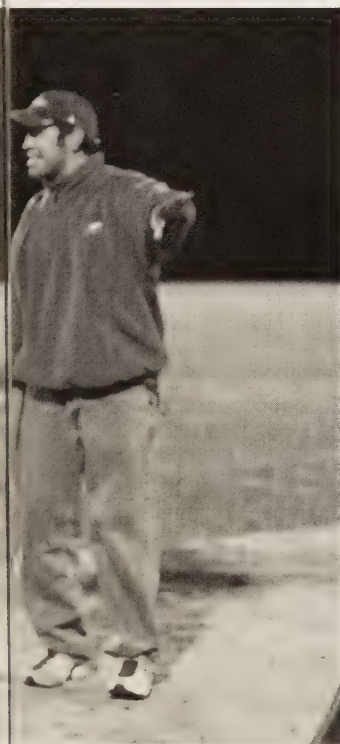
Juniors and seniors didn't always see eye to eye on every aspect of the game. Here are two different perspectives on the Powder Puff game from the students who lived it:

"We worked hard at practice to work on our passing, catching, and all the basics. The worst part of the night wasn't the cold, it was the refs because they called everything against us. We didn't let the refs affect our game though. We came together and won anyway. Winning Powder Puff was a great memory for my senior year."

Margaret Adair ('01)

"I was freezing that night, I had to wear so many layers to keep warm. It was worth it though because we had fun. Even though we lost, the game was still a lot of fun. We really had the greatest defense. We have an awesome team, so we will definitely win next year."

Sara Bland ('02)



Go Get 'Em... Coach Joe Pyanoe explains a defensive strategy to one of his junior players. His guidance aided in the team's strong defense.

On the Line... The juniors and seniors take their places on the line of scrimmage. Both teams worked hard to learn game formations.

What A Wonderful World . . . Using Disney costumes and props, the sophomore class put on a winning performance for spectators during the Newcoming float parade.

Crowning Glory . . . Seniors Tony Levine and Morgan Crandall are crowned Newcoming King and Queen during the halftime parade.



Photo by D. Siegmund

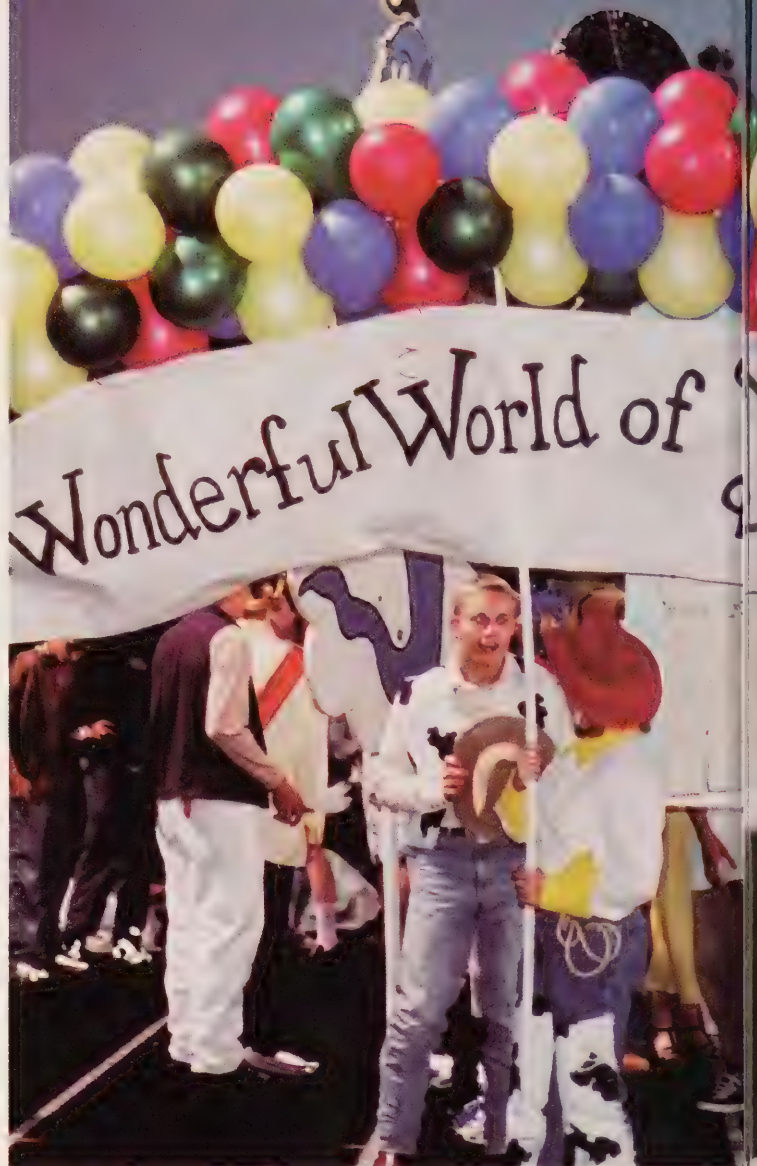


Photo courtesy of Lifetouch



Photo by D. Siegmund

Footloose . . . Freshman Jason Cowles takes a break to rest his feet. Many students struggled with the transition from sneakers to dress shoes at the Newcoming Dance, October 14.

Still Kicking . . . During the third quarter of the Newcoming game, junior David Lewis punts the ball 32 yards out of the endzone. The team fell to Sherando 0-28.

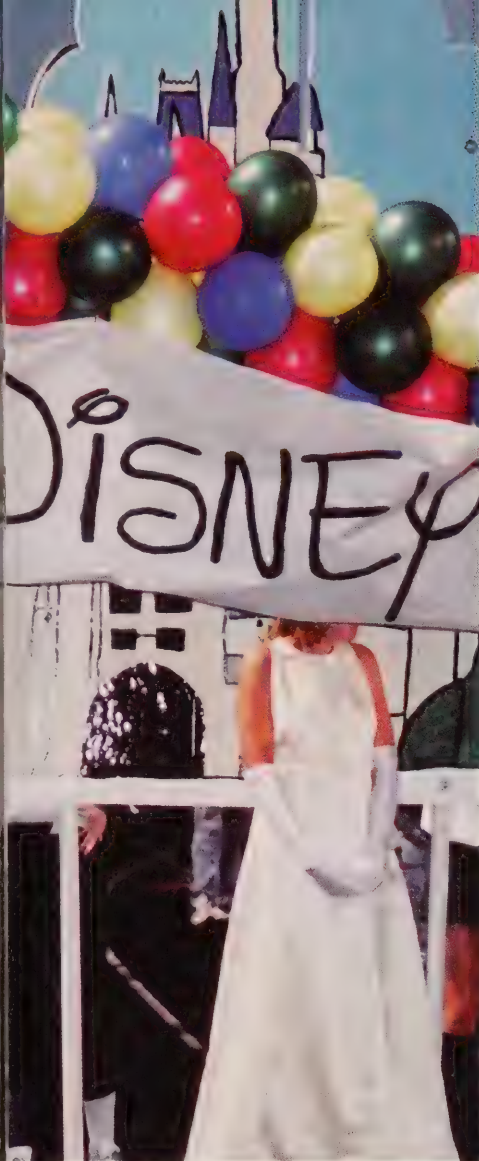


Photo by Heather Benson

Just Imagine . . .

"I liked having a theme that appealed to guys, too, instead of just the girls." —Senior Brian Britton

by Lauren Griswold

Just imagine 925 students adorned in formal dresses and suits, dancing around a room where they usually eat pizza and french fries. That image became a reality as students gathered for the second and last Newcoming Dance on October 14.

The theme, decided at the Inter-Club Council retreat over the summer, was "Just Imagine. . ."—a kick back to the fun of childhood.

The SCA transformed the cafeteria into a dance floor using balloon arches, twinkle

lights, silver streamers, and cartoon props from floats.

Students danced to the music of Lonestar, Baha Men, Faith Hill, Christina Aguilera, and N'Sync, alongside a paper mache Dino and a tissue paper and chicken wire Tazmanian Devil.

"The decorations were cute," said freshman Tori Zinger.

And so students kicked off their shoes and took a trip back to their childhoods, remembering when they used their imaginations . . .



Photo courtesy of Lifetouch



My First Formal . . .

"I was extremely excited to go to my first real formal dance. I wanted every detail to be perfect. I shopped for three days until I found just the right dress to wear to the dance. That day I was really nervous and scared that I was going to do something stupid, like drop my dinner on my dress or trip in my heels. Everything turned out perfectly though. I didn't do anything stupid and I had a great time with all of my friends. I can't wait to do it all over again next year . . . without all the nerves."

—Freshman Amie Steele

Jump, Jive, and Wail . . . As the DJ begins to play a swing song, sophomore Suzanne Gallimore tries to persuade her date, sophomore Jason Sullivan, to jive.

What can you not
live without having
or doing every day?

"Goldfish snacks, because
they're delicious. I like
them."

--Kris Sandbakken ('04)

"Lance Bass from 'N Sync.
He is so gorgeous."

--Cristie Varvaro ('03)

"Being clean. I take a lot of
showers."

--Heather Lange ('02)

"My hot chocolate every
morning; it keeps me warm."

-Ashley Derby ('01)



Photo by Tara Roe

Never Leave Home Without It . . . Junior Dong-Keun Oh applies hair gel in the parking lot before entering school. His favorite brand of gel was Dep.



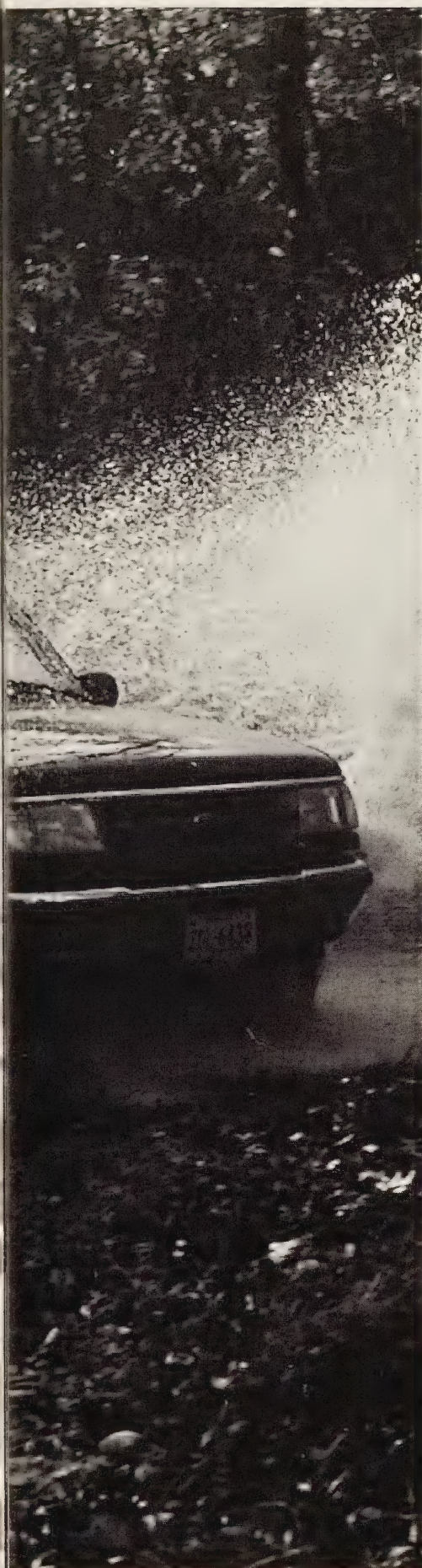


Photo by Tara Rice

Down and Dirty . . . Driving his truck through mud and water, junior Brandt Purvis confesses his obsession. "How could you not be obsessed with this?" Brandt said. "There's water and mud everywhere. It doesn't get much better."

Ga-Ga for Guy Groups . . .

Sophomore Megan Schmitt reads Justin Timberlake's latest interview in *Cosmo Girl* magazine. Megan's bedroom walls were papered with pictures of the members of her favorite boy band, 'N Sync.



Photo by Natalie Childress

by Lauren Griswold

"I'm obsessed with playing the guitar because I want to play just like Tom Morello." —Junior Michael Robertson

Obsession Confessions

Ob-ses-sion: *noun*. A compulsive preoccupation with a fixed idea.

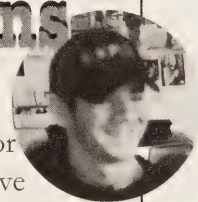
It was not uncommon for people to care about certain things more than others. When these concerns were pushed to the extreme, however, obsessions resulted.

Junior Dong-Keun Ho confessed his unusual fixation: "Hair gel. I don't know why . . . I just need it wherever I go."

Sophomore Amy Webb re-

vealed her obsession for N'Sync. Webb said, "I've gone to six of their concerts. I even drove six hours and camped out on the street to see them on the Today Show."

No matter what the obsession, senior Wes Vickroy thought they were just phases. "We all have our obsessions; some people just go a little overboard, but they'll eventually grow out of it," Wes said.





To Wear or Not To

"Don't be like everybody else. You have to be different."
-Junior Ciara Williams

by Surima Whitfield

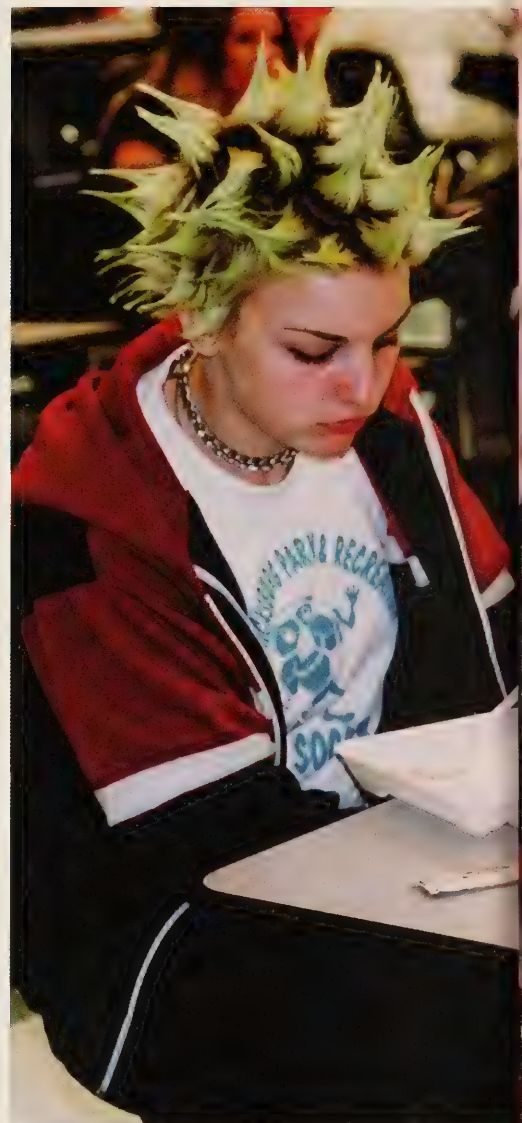
Individuality in color were the sparks that lit up trends and styles. Wardrobes revealed every color in the rainbow. Junior Daniel Kistner observed, "Color is a necessity in your wardrobe. It's good to have color to express yourself."

Students no longer limited themselves to only one name brand, but mixed them. The usual Tommy Hilfiger and American Eagle were replaced with everything from Banana Republic to, as senior Daniel Davis said,

"good old Wal-Mart."

Students experimented with adventurous colors in their wardrobes, such as hot pink and orange. "Pink is my favorite color. I love it!" junior Jennie Fulmer said. Opposition, however, could always be found. Stating his opinion on pink, senior Adam Garcia said, "Totally disgusting!"

Still, diversity was the key to styles and trends. Down every hallway and around every corner, colors fueled fashion.



Stand-out Style . . . Juniors Tequia Roberts and Lara Childs strut their style with coordinating black and red ensembles.

Fashion Flames . . . Freshman Kris Sandbakken uses bright colors and a unique flame pattern to show off his individual style.





Trendy Tips . . . Hair gel and bleact helped seniors Jessica Ostrom and Christie Miller stand out. Colored hair, spikes, and bleached streaks were often seen in hallways.

Orange Boy . . . Orange may have been a trendy color, but for junior Daniel Kistner it has been his trademark for years.

Photo by Natalie Childress



Photo by Krista Cregger



Piercings were a common way to show individuality.



Girl Talk . . . Planning to meet with another friend later that evening, freshmen Laci Vamosi and Megan Downham try to decide what time they are going to leave for the mall.

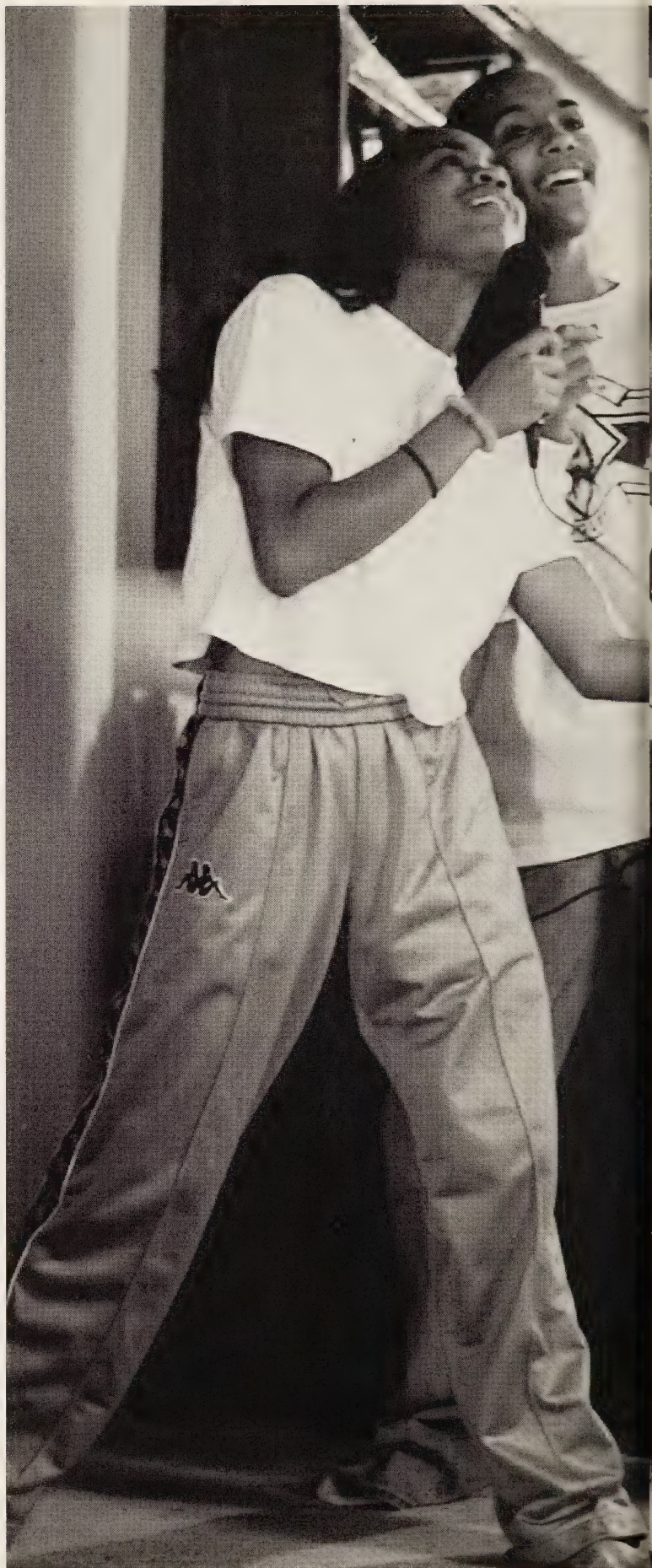
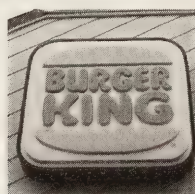
Cheek to Cheek . . . Relieving stress after a busy week, juniors Jinean Carabai and Nicole Jones serenade each other in Jinean's basement. "Sometimes we just get stupid like that," said Nicole.

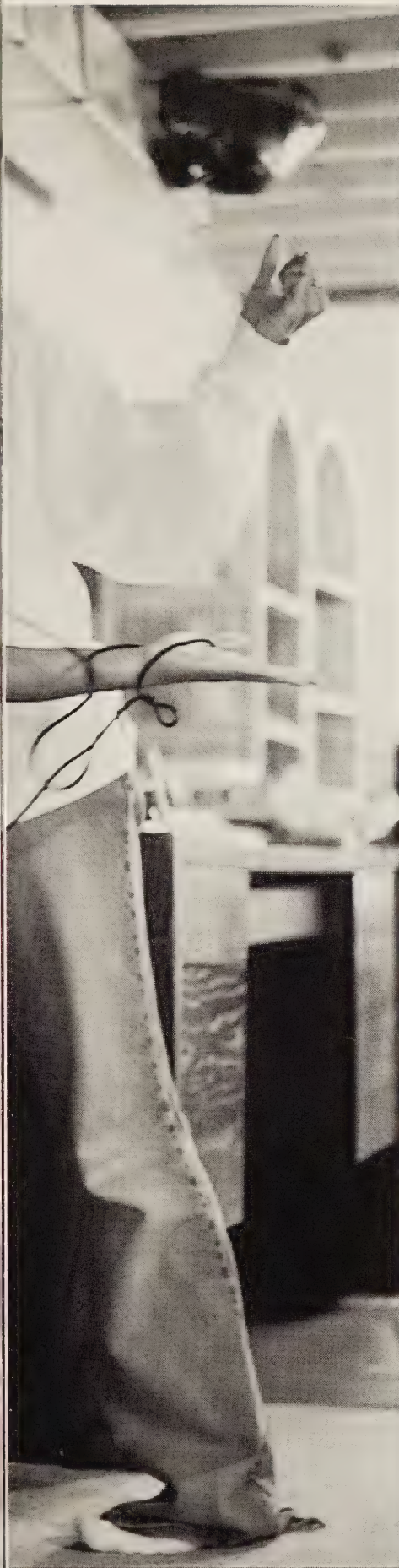


Photo by Ashlee Vamosi

Top

. . . When students need a break from school food and don't have a lot of cash they head to their favorite fast food places. . .





"Just Chillin'..."



"Every free second I get in my schedule, my body goes into relax mode." -Senior Gabe Hippeard

by Natalie Childress

There are five days, or 120 hours, or 72,000 seconds, between weekend breaks from school. Busy weekday schedules were stressful for most students and so they coveted every second of the weekend.

During the week, students battled tests, quizzes, term papers, and projects, leaving little time to relax. "After a few years of high school, you learn to live without the normal eight hours of sleep," said junior Jamie Edwards.

Friday was a relief to

over-stressed students. "By Friday afternoon I'm usually beat," junior Megan Rolan said.

"On the weekends, I normally just chill at a friend's house," said senior Jennie Thomas. Students discovered that informal settings, like a friend's house, were more comfortable places to hang out and required less stress and money.

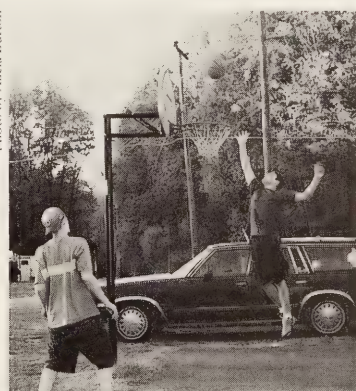
It seemed that no matter where students were or what they were doing, they were having fun just chilling.

Photo by Michelle Fabie



Photo by Natalie Childress

Photo by Alicia Burton



Bring It . . . In his driveway, freshman Zach Boutchyard plays a pick-up basketball game with freshman Andrew Burton after school.

Couch potatoes . . . After school, juniors Joey Harpine and J.J. Hackman watch a talk show and work on homework.



It's My Life . . .

"I'm pushed for time, but it's my life, I can't imagine myself without soccer." -Freshman Trenton Hawkey

by Surima Whitfield

Pirouetting and pas de chat-ing for fourteen hours a week? Sophomore Lauren Evans did. Butterflying at 4:35 in the morning? Senior exchange student Xenavee Pangelinan was. And they were typical of hundreds of students who participated in an out-of-school sport.

Students who participated in out-of-school sports, most of whom became involved as young children, preferred the challenging yet exhausting life that came with it.

"I'm not home enough to do most of my homework," said junior Joshua Smith, who played recreational soccer for five years.

For most students involved in a sport outside of school, balancing school life and their sport was a struggle that they were faced with every day.

So why do it? The answer wasn't surprising. Xenavee said, "I have to achieve certain goals. I love it, and I have so much fun doing it."



What sports personality do you look up to?

"Sean Elliot. He overcame a kidney transplant and continued to play basketball." -David Lewis ('02)

"I admire Lance Armstrong. He conquered cancer and went on to win the Tour de France." -Travis Campbell ('02)

"Vince Carter because he has great skills" -Kevin Young ('04)

"Mia Hamm is my idol. Her endurance and love for the game is incredible." -Catherine Meadows ('01)

Photo courtesy of Xenavee Pangelinan





Photo courtesy of Lauren Evans

Horseplay . . . Junior Anna Mitchell adjusts her horse's bridle as she prepares to ride. Anna spent two days a week at the stables riding Helen, her favorite horse.

In the Limelight . . . During a lyrical dance performance, sophomore Lauren Evans exhibits flexibility, executing a move called a "scorpion."



Photo by Ashley Varnosi



Photo by Brian Kerr



Home Is Where the Water Is . . . At a pool in South America, senior Xenevee Pangelinan practices her freestyle. Xenevee swam twenty hours a week.

Living In the Fast Lane . . . Junior Jordan Decourcey jumps over a ramp on his BMX bike. Jordan rode three hours a day, preparing for competition in Washington, D.C.

The Three Amigos . . . During their Spanish class, sophomores Kenny Bensman, Jadd Adams and Joel Fuller laugh over the dialogue they were writing for a project.

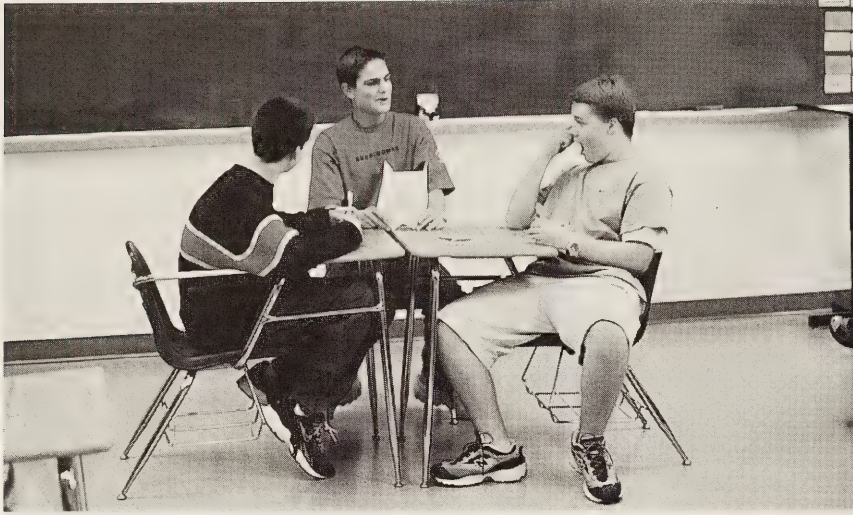


Photo by Jessica Lam

What word do you associate with your friends?

“F un.” ~Steven Van Amerogen ('01)

“R eliable.” ~Jonathan Sowers ('03)

“I rresistable.” ~Tony Levine ('01)

“E ndless bonds.” ~Sophia Bean ('02)

“N oble.” ~Sharon Pitman ('02)

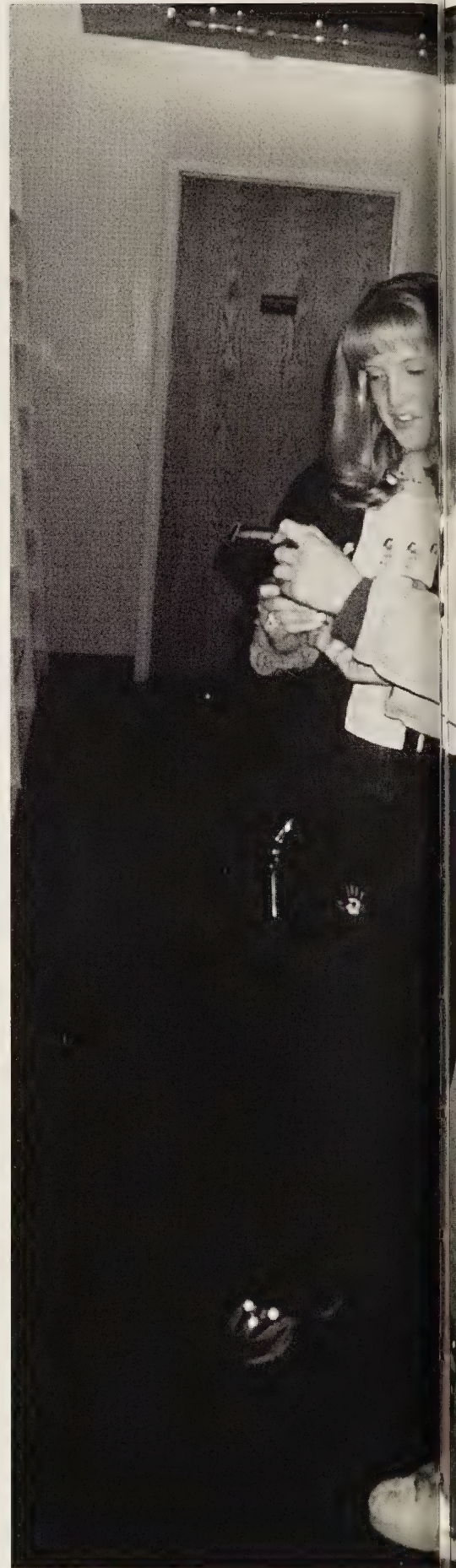
“D ependable.” ~Makius Carabai ('01)

“S pecial.” ~Dea Cordaro ('01)



Photo by Beth Zinger

Let It Shine . . . On Spirit Day, the girls' cross country team gather in the locker room for some spirit bonding. It was common for the girls to spend time together on and off the trail. A favorite activity was splurging at CiCi's Pizza.



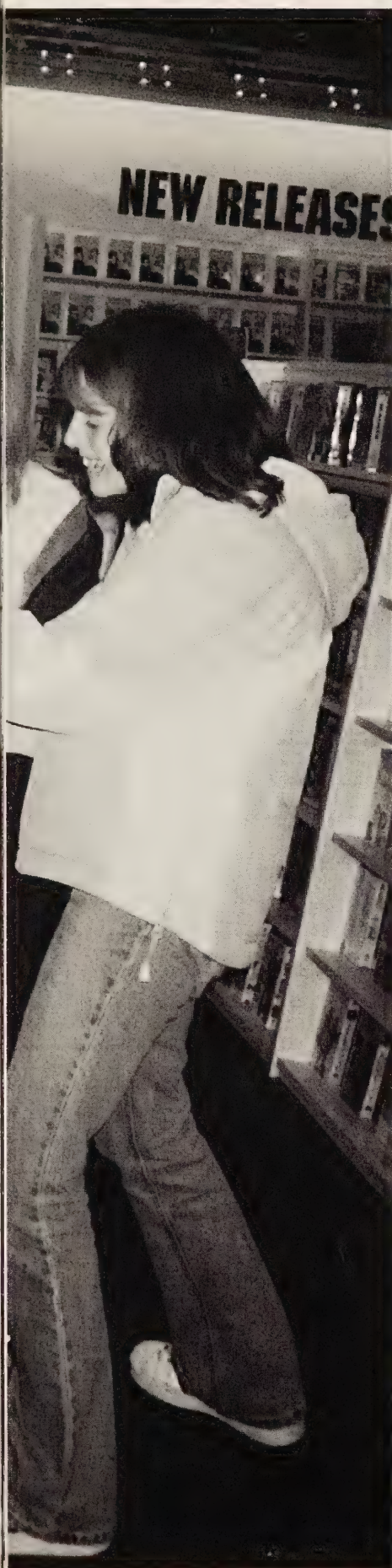


Photo by Lauren Griswold

Movie Madness . . . After a Friday night football game, freshmen Rhiannon Thomasson and Megan Hickey search Blockbuster Video for a movie.

Write Back Soon . . . Senior Heather Lange watches over senior Sharisa Korth as she writes a note to a friend. Students were often passing notes in the hall.



Photo by Tara Roe

by Liz Sowers

"I like having guy friends because I used to be a tomboy. Guys are just less complicated." -Junior Ashley Schatz

Pondering the Platonic

Go to the movies alone? No way. Eat out by yourself? Never even thought about it. Take company when you can. Students made fun things more fun with friends . . . of all sorts.

Girls with female friends liked to relate to another person just like themselves. As senior Brittany Bower said, "Girls are more understanding with problems, and they are always there for you."

Guys, like senior Ben Adams, enjoyed having girls around also, "because girls

are easier to talk to."

Guys with other males enjoyed the relaxed atmosphere. "No one tries to show off," said junior Mike Robertson. Casual groups happened all the time; as junior Jeremiah Poyck said, "Everyday we'll listen to music at my house."

So which was best? According to junior Keara Prom, it didn't matter. "All people are really friendly, no matter what sex," said Keara.



Bearing the Brawn . . . Junior Holly Whitfield exercises her leg muscles during Strength & Body class. "Girls want to have muscles too!" Holly said.



What's cooking? . . . Sophomore Tyrone Dyer and junior Jason Pettyjohn create an egg recipe, despite stereotypes that boys cannot cook.



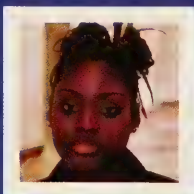
"It takes me 10 minutes to get ready in the morning. I shower, brush my teeth, comb my hair, and leave."
-Justin Phillips ('02)

He said. . .

What's your morning routine?

She Said

"I get up at 5:30 to get ready for school. I take a shower, brush my teeth, do my hair, and pick out an outfit."
-Sophia Bean ('02)





Color Adds Style . . . Junior Ryan Olson paints his nails by the lockers. Ryan followed a trend set by many male celebrities, including MTV's Carson Daly.



by Lauren Griswold

"Babysitting doesn't make me less of a man. If anything it makes me more of a man." -Senior Sean Dare

Anything You Can Do

Society has been falsely educating its members to follow gender stereotypes. Students, however, strove to prove society wrong and broke through the gender barriers that tried to hold them back.

"Whenever someone tells me I can't do something, it motivates me to prove them wrong," said senior Dea Cordero.

For years, men were labeled "the stronger sex," capable of doing anything requiring brute strength.

Women, on the other hand, had no place in any of these areas.

Women, likewise, were labeled "the weaker sex," responsible for nuturing, cooking, and cleaning; a man caught doing any of these tasks was considered less of a man.

Now, girls can wear pants and burp without having their femininity questioned as boys can dye their hair and cook without having their masculinity questioned.



A face in a crowd.

A name in a yearbook.

Throughout high school, we searched for people that we connected with. People who would see us as more than what was on the surface.

For the first time, a full student body, 1350 students in all, walked the halls. With all the new faces, it

more than... *faces*

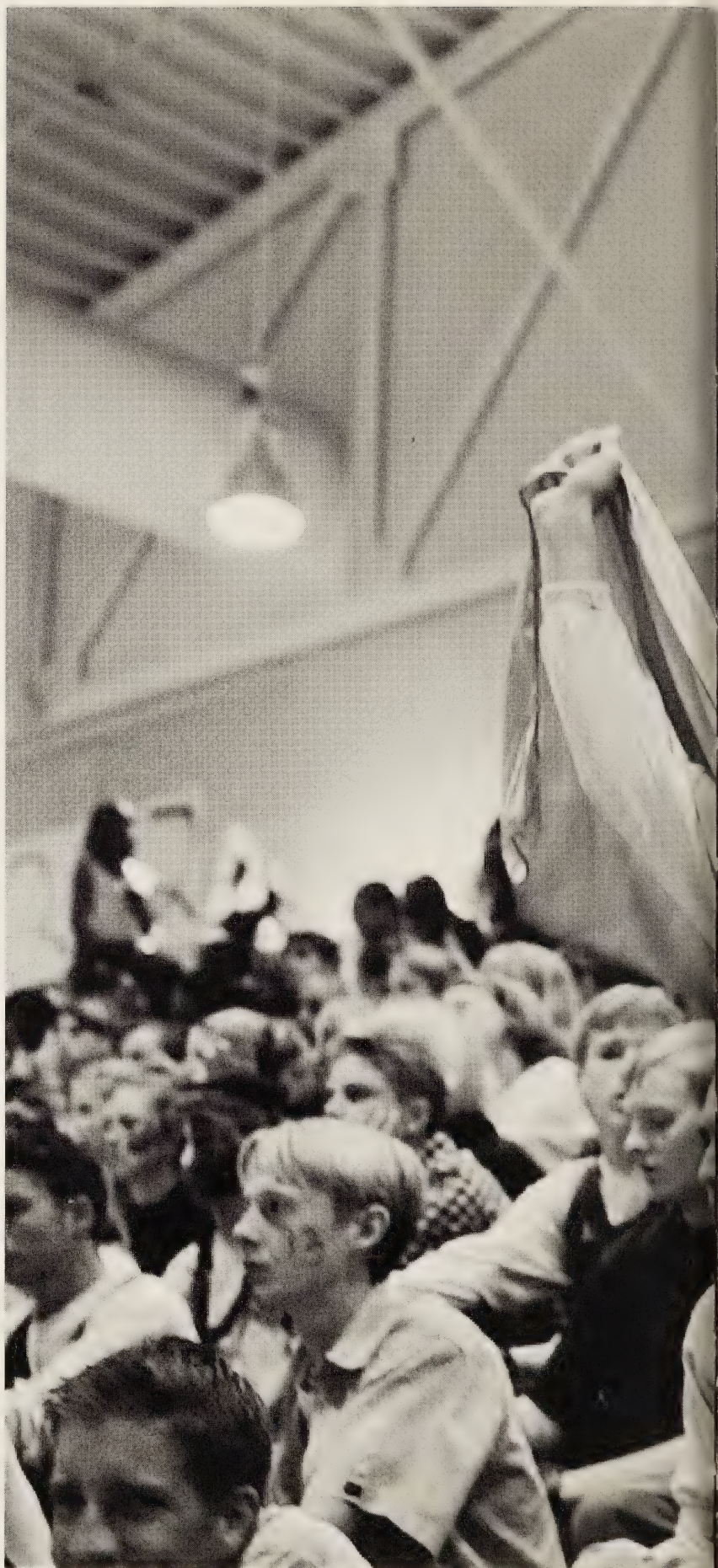
was our diversity and individuality tied us together. It made us one and gave us a common bond.

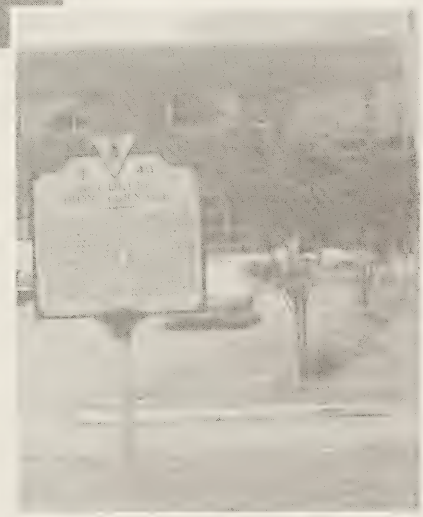
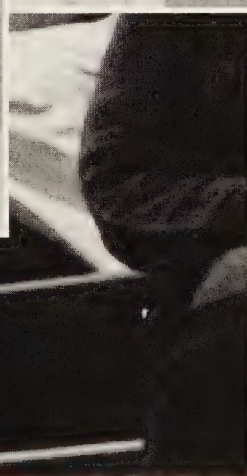
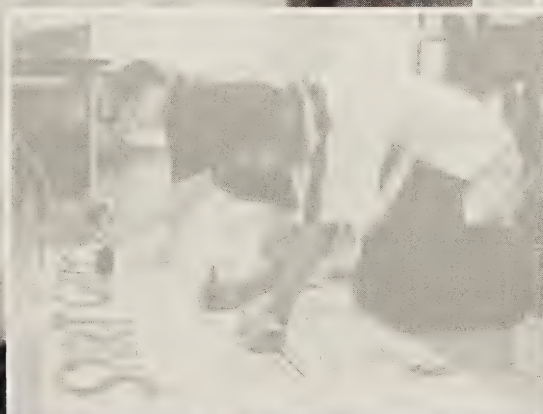
As the year passed, we realized that he was more than just the boy who helped us with our Biology lab reports and she was more than just the girl who placed third in the cross country meet.

Together, we learned that we were more than just faces.

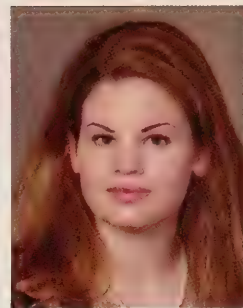
by Kelly Burcham

Breaking the Ice. At the Newcoming pep rally on October 13, senior Justin Hogan shows his school spirit adorned in blue and green. Justin said, "I feel more a part of this school now that I've gotten to know people here. It feels like my school now. The ice has been broken."





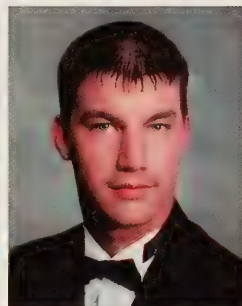
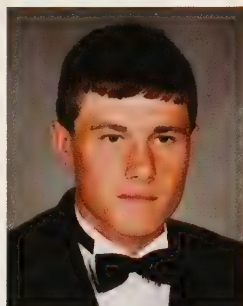
Brooke Abernathy Soccer 9-10; Tennis 9-10;
Chorus 9-11; MUN 10-11; Yearbook 10, 12,
Section Editor 10; NHS 10-12
Margaret Adair Basketball 9-10, 12; Outdoor
Track 9-10, 12; Drama 9-10, 12; SSS 12
Ben Adams
Nina Anderson



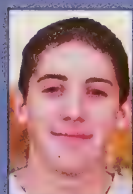
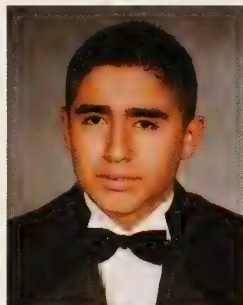
Anna L. Armington Cheerleading 9; Softball 9;
JROTC 9
Anna Aveleyra Spanish Club 9; Chorus 9, 11; Lit.
Mag 10; Multi-Cultural Club 10-12; Stepteam 11
Michael DeAngelo Barnes Chorus 11
Michael Scott Bartenfelder Weight-lifting 11-12



Carlton Dwayne Beach Jr. Wrestling 9-12;
Football 11-12
DonQuenick Beasley Marching Band 9-11,
Drum Major 11; Band 9-12; Step Team 10;
Spanish Club 10; Interact 12; TSA 12
Chuck Beech DECA Historian 11-12; Wrestling 12
Rich Beland Baseball 9-12; Spanish Club 11; SSS 12



John Brian Beltran
Heather Christine Benson ICC 9, 11-12;
Volleyball 9-12; Drama 9-12; Chorus 10-12;
Academic Team 10-12; Forensics 11-12
Renee Berenik Interact 9; FBLA 11
Jennifer Bloomer Volleyball 9, 11-12, Soccer 9-
12, Captain 11-12; Basketball 11; SSS 11-12;
German Club 12



"Twenty years? I see myself
out of college, teaching and
coaching tennis."

~Senior Tommy George



"In twenty years I'll be married.
I'll be a preacher's wife."

~Senior Demetria Wilson

Where will you be 20 Years From Now?

By Kelly Burcham

When seniors
return to Stafford
for their twenty-year
class reunion, what
will they find? And
who will they be?

Students ex-
pected Stafford to
grow and expand.

"There will be

bigger and better
stores here," senior
Renee Berenik said.

"There will be a
lot more people
here," said senior
Jeremy Mishler.

Jeremy also ex-
pected that he
would return to

Stafford "making
\$200,000 a year."
He said, "I'll be rich,
own my own com-
pany, and have a lot
of people working
under me."

Senior Nicole
Fowler's goals were
similar: "I'll have a

family and a career,
and I'll be very suc-
cessful."

Nonetheless, "no
matter what I'm
doing in twenty
years, I'll still be the
same person I've al-
ways been," Jeremy
said.

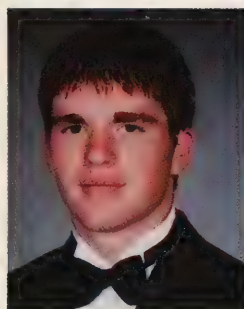


James S. Borella II Track 9; SADD 9; FBLA 9-10; Basketball 9-12

James Boswell

Brittany N. Bower German Club 9-12, President 11-12; Spanish Club 11-12

Brian Britton Soccer 10-11; Lacrosse 12; Wrestling 12

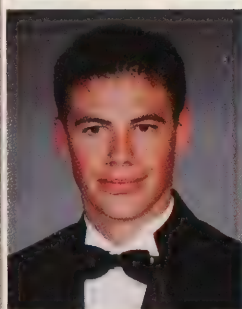


Alphonso Brown

Adam Brownback Tennis 9-10; Football 11-12; Lacrosse 11-12; Basketball 11-12; Interact 11-12

Erica Marie Bruce Science Club 9; FBLA 10; Drama Club 10; Lit. Mag 11; Soccer Manager 11

Larry Bruno Baseball 9-12; Football 10-12; Spanish Club 11; Basketball 11-12; Interact 12; Frisbee Club 12

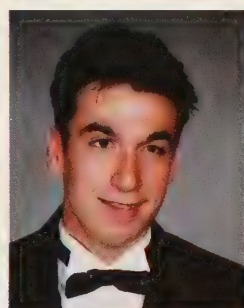
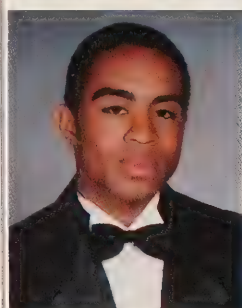


John J. Buchness Cross Country 9-12, Captain 11-12; Outdoor Track 9-12; Indoor Track 10-12; Soccer 11; FCA 11-12

Kelly Anne Burcham SCA 9-10; Yearbook 10-12, Asst. Editor 11, People Section Editor 11, Editor-in-Chief 12; Lacrosse Manager 11-12

Alicia Burton Key Club 9-10; Chorus 9-12; Yearbook 12

Catherine Butler Chorus 9; ASL Club 9-10; Drama 10-12; Tech Drama 11-12



Makius Carabai Indoor Track 9-10, 12; Outdoor Track 9-10, 12; Soccer 9-12; Football 11; Cross Country 12

Majia Carpenter Chorus 9, FHA 10; Child Care 10-11; Multi-Cultural Secretary 11-12; DECA 12

Brigid Cepauskas Gymnastics 9; Band 9-11; Marching Band 10; Field Hockey 11-12; NAHS 12; Yearbook 12

Zachary Childers



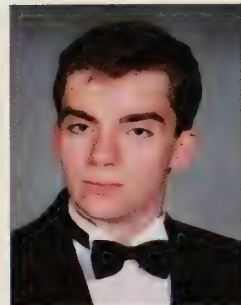
"Twenty years from now I'll either be a bum with a guitar or I'll be a professional musician with a reputation as a composer. Eventually I want to write my own music that is a cross between traditional rock-n-roll and electronic sounding music."

~Senior Sean Conlon

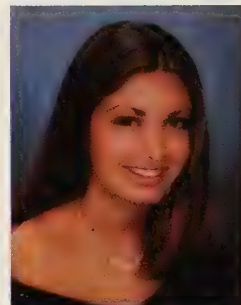
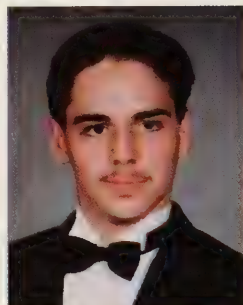
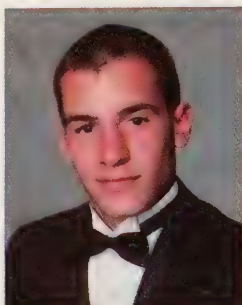


Now is forever. Senior Jeremy Mishler adjusts Mrs. Sherry Hession's computer, but in twenty years he plans to be running his own network.

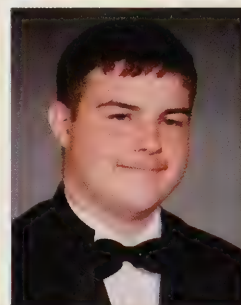
Natalie Childress Basketball 9-10, Captain 10;
Drama 9-11; Athletic Trainer 9-10, 12; Softball 11;
Volleyball 11-12; Yearbook 12
Sean Conlon Chorus 11-12
James Cook Band 9-10, 12; Governor's French
Academy 11-12
Dea Gordaro Key Club 9-10; HOSA 10; Lit.
Magazine 11-12; Spanish Club 12



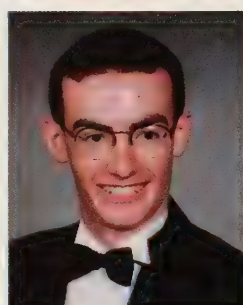
Antonio J. Correia Football 9, 12; Basketball 9,
12; DECA 11
Robert Cote, Jr. Key Club 9; Chorus 9-11;
DECA 12
Morgan Crandall Yearbook 11-12, Photography
Editor 12; NAHS 12
Christa Cregger Drama Club 9-11; Dance Team
Captain 11-12; Yearbook 12



Allen Crosby
Crystal Culbertson
Todd Curtis Football 10-12; Lacrosse 11-12
Jason D'Amico



Sean Dare
Cornell Davis
Daniel Davis Basketball 9; Key Club 10; Baseball
11-12
Phillip Delwiche Marching Band 9-10; Jazz Band
10-11; Lacrosse 10-12; Cross Country 11-12; SSS
11-12



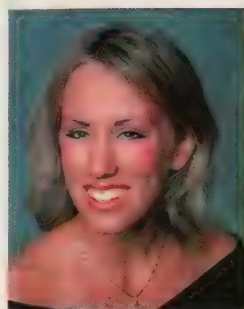
"High school relationships are a collection of learning experi-
ences, but that doesn't mean that they aren't important. All of the
things we encounter as a result of dating
stay with us so we can use them when we
need to; when it's time to move on to bet-
ter things . . . like college girls."



~Senior Mike Gillies

Open door policy. Senior Rob Rankin opens
the door for senior Lisa Yeagley after their date.
Many couples showed similar acts of courtesy in
and out of school.



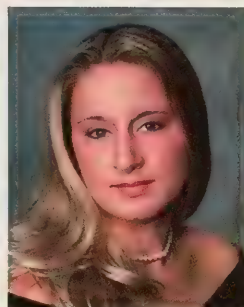
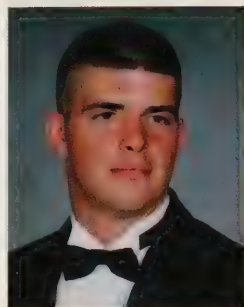


Ashley Derby

Christina Dodd Cheerleading 9-12, Captain 11; NAHS 10-12, President 11, Vice President 12; Lit. Magazine 12; Science Club 12

Jason Dodd

Steven Doebel Football 11; Track 11-12; Cross Country 12



Michael Dozier Soccer 9-10, 12, Captain 9-10; Indoor Track 12; DECA Historian 12

Bradley Duckworth

Rebecca Kay Dudenhefer Cheerleading 9-10, 12; Junior Class President; Interact 11-12; Yearbook 11-12, Photography Editor 12; Lacrosse Manager 11-12

Michelle Durbin NHS 10-12



Michael Essig Lacrosse 9-12, Captain 11; Latin Club 9-12, Vice President 12; Interact 11-12, Treasurer 12; Yearbook 12, Academics Editor

Lindsey Susan Evans Soccer 9; Cheerleading 9-12, Captain 9, 11; NHS 10-12; Yearbook Section Editor 11; Spanish Club 11; SCA 11-12, Vice President 12

Kelly Everett Lit. Magazine 11-12, Chief of Business 11

Lacey Fisher DECA 12



Amanda Foley NAHS 11-12; Lit. Magazine 12

Nicole Fowler German Club 9-12; NHS 10-12; Literary Magazine 11; Tennis 11; NAHS 11-12

Crystal Frakes SCA 9; Lit. Magazine Editorial Staff 11; German Club 11-12; Outdoor Track 11-12; Gymnastics 11-12

Jennifer Franklin

Seniors play Relationship Game

By Kelly Burcham

He loves me, he loves me not.

Along with high school came high school relationships and the confusion that relationships can bring.

"Dating is a way to relax and spend

your free time, getting to know a person better and enjoying being with them," said senior Patrick Heck.

Senior John Hall disagreed, "There is pressure to date in high school but

sometimes people don't want to be confined to one person and deal with that."

And then there was the question of who liked who.

"Dating is confusing . . . who likes

who, who doesn't like who, who's dating who, who broke up with who . . . But I guess that's a big part of high school. That's really part of what makes it fun," said senior Linda Wesley.

Q & A

Are high school relationships worth the effort?

"Yes, because they prepare you for future relationships outside of high school."

~ Senior Ken McCabe

"Yes, because you learn a lot from relationships and what qualities you want in the opposite sex."

~ Senior Michelle Durbin

Being the first and Making Traditions

by Courtney Paskanik & Kelly Burcham



"It's good to know that people look up to me and think I'm a role model."

~Senior Sean Dare



"We set the standards for all of the classes that follow us. That's a lot of pressure."

~Senior Noah Gossard

"Having seniors and being one myself made it finally feel like a real school," said senior Gabe Hippeard.

Students who lacked a senior class in the past year were faced with a change

as the first senior class took their place.

Seniors found that with the prestige came more responsibilities as underclassmen began to look up to them for leadership. "At first

I was just excited, but then I realized that we were the first graduating class. There are so many people looking up to us and seeing what traditions we make," senior George Prinze said.

All in all, seniors enjoyed being role models for underclassmen as well as classes to come.

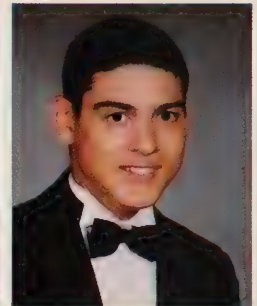
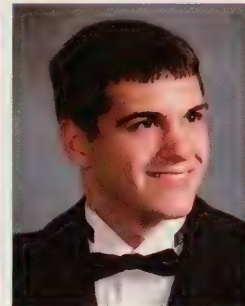
Senior Kristen West said, "We take memories with us and leave tradition behind."

Chris R. Fulmer Football 9-11; Wrestling 9-12, Captain 11-12; Frisbee Club, President 12; Senior Class Reporter

Ian Galvin Basketball 11; Geman Club 11-12

Adam Garcia SCA 9-10; Interact 10-12, Secretary 11-12; Junior Class Treasurer; Latin Club 11-12; Lacrosse 11-12; FBLA Treasurer 12

Christopher Garcia Outdoor Track 9-12; FBLA Historian 11; Lacrosse 11-12; TSA 12

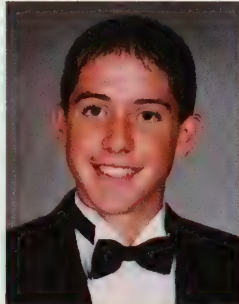
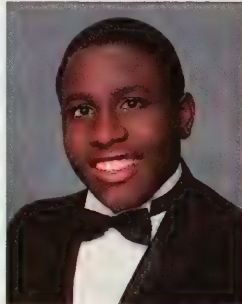


Kenneth J. Gary Step Team 9-10; Chorus 9-12

Tommy George FCA 9; Tennis 9-12; Basketball 11; Cross Country 11

Michael Gillies NHS 10-12; Junior Class Reporter; Baseball 11-12

Tabitha Girtin Lit Mag 9-12, Editor 11-12; Newspaper 9-12, Editor 11-12



Heather Glasgow Cross Country 9, 12;

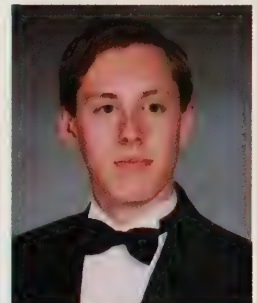
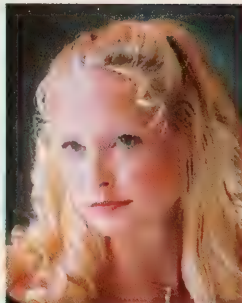
Yearbook 9, 12, Section Editor 12; Chorus 11-12; FCA 11-12, Secretary 12; NHS 11-12

Joanne Gold Soccer 9-10; Cheerleading 9-12;

NHS 10-12; SCA 11-12, Secretary 12; Interact 12

Amy Goodnight Drama 9, 11-12; Lit. Magazine 11-12; Interact 12; TSA 12; Chorus 12

Noah Gossard Marching Band 9; CNHO 11-12



Artie Grace, III

Jonathan Graham Band 9-10; French Club 10-12

Ian Greaves Football 9-10, 12; Basketball 11-12

Adam Green Basketball Captain 11-12

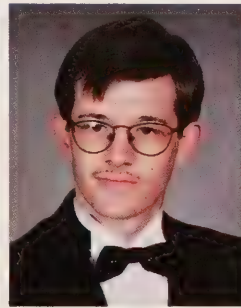
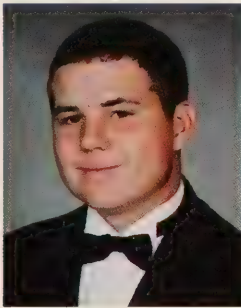
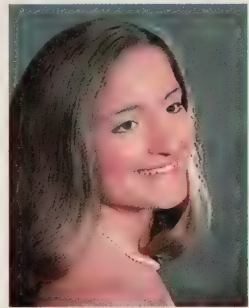




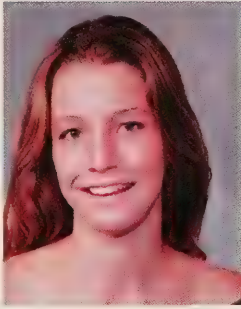
"I think it's really great that we're the first. We get to start all these traditions that everyone will always remember. There will never be another first graduating class. We're one of a kind. We can't be replaced. We're unique. We're untouchable."

~Senior Amy Kuchno

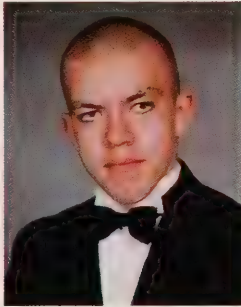
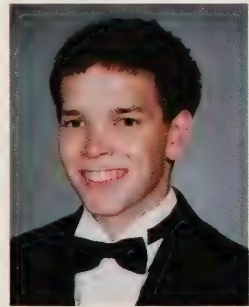
Spirited model. Under the watchful eyes of underclassmen Josh and Jessica Light, swenior Irvin Sawyer daubs on even more school spirit in preparation for the Newcoming pep rally on October 13.



Lauren Elizabeth Griswold Field Hockey 9-12, Captain 11-12; Junior Class Secretary; NHS 11-12; Yearbook 11-12, Sports Editor 11, Student Life Editor 12; Senior Class Co-President
James Grosser
Jennifer Haas Drama 10-12; Teen Reach President 11-12; Lit. Magazine 11-12
Edward Hackman Band 9; Spanish Club 9-10



John Douglas Hall French Club 9-10; Band 9-11; Science Club 12
Sheila Hall Track 9; German Club 9-10; Key Club 10; Latin Club 11; DECA 12
Morten Hansen Band 12
Katherine Harris FBLA 9-10; French Club 9-10, 12; Soccer 9-12; Basketball 9-12; Field Hockey 11



Patrick Heck Lacrosse 9-12, Captain 9; Boys' State 11; FBLA, Vice President 11; Academic Team 11-12; SCA 11-12, President 12; Interact 11-12
Wilson Heflin Chorus 9; Football 11-12
Alaina Hernandez Multi-Cultural Club 11-12; Yearbook 12; Learn and Serve 12; Swimming 12
Jessica Hevel



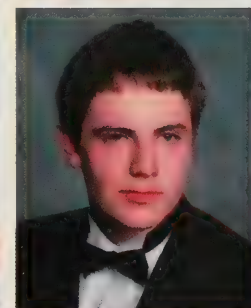
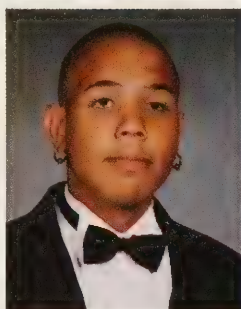
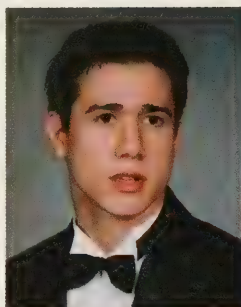
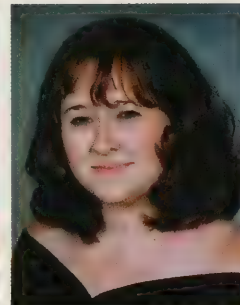
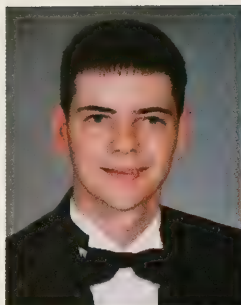
Jamie Hicks
Gabriel Hippeard Baseball 9-12
Justin W. Hogan Spanish Club 9-11; FBLA 9-12, President 11-12; Indoor Track 10-12, Captain 11; Outdoor Track 10-12, Captain 11; Cross Country 11-12
Jason Holder Marching Band 9-12, Drum Major 11-12; Latin Club 9-12, Senator 11-12; NHS 10-12; Forensics 11-12; Academic Team 11-12

Mark Hollenbach DECA 11-12, Reporter 11
Meghan Holt
Stephanie Houser
Brian Huddle Baseball 9; Football 9-11;
 Wrestling 9-12; NHS 12

Brandon Hunt Basketball 9; DECA 12
Emily Hunter Track 9; Marching Band 9-10,
 Captain 10; Interact Club 10; DECA 12
Brandon Jackson Football 9-12; Basketball 9, 11-
 12
Amy Jackson Step Team 9; Chorus 9-12;
 Multicultural Club Treasurer 11-12

Justin Jarvis
Andrea Jenkins DECA 11-12
Heather Johnson Indoor Track 9-12; Outdoor
 Track 10-12; Interact 11-12; SSS 11-12
Tia Maria Johnson

Christine Jones
Monica Fay Jorge Chorus 9-10; ASL Club 11-12,
 Secretary 12
Amanda Kempfer Color Guard 9-10; Orchestra
 9-12; Literary Magazine 11-12
Marshall Kindred



Empty your pockets Cough Up the Cash

By Heather Glasgow

Dues.....	\$ 60
Senior pictures.....	300
Graduation announcements.....	100
Senior t-shirt.....	15
Yearbook.....	40
Beach Week.....	200
Total.....	about \$715

Money, money, money.

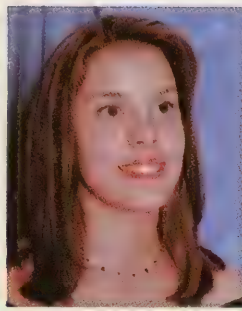
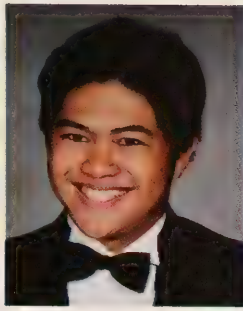
Seniors faced costs several times throughout the year. Costs included senior dues, senior pictures, and graduation announcements.

All of the costs were worth it, however, according to senior Shannon Mudd, who said, "We needed to spend the money to make the year memorable. It didn't bother me."

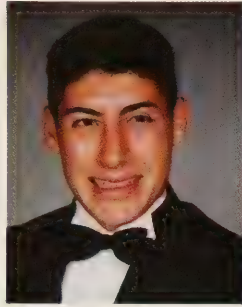
"It's pretty expensive but I didn't really care. It's not that bad when mommy's paying for it," senior Makius Carabai said. No matter who paid for the expenses or how much they

were, most seniors felt as though they could not pass up the things that came along with being a senior despite their costs.

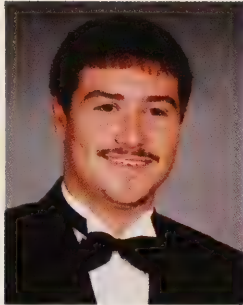
"Senior year truly is priceless," said senior JJ Buchness.



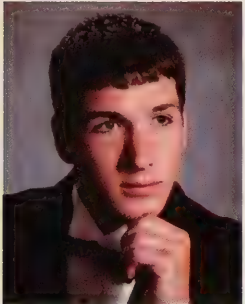
Steven Kitchen Football 9-12; Weightlifting 9-12
 Crystal P. Kitchens
 Aljeanlee Kivlehan NAHS 11-12; Sequential
 Media Artist Cartoonist 11-12
 Amy Kuchno Cheerleading 9-12, Captain 10;
 Interact 10; DECA 10; Spanish Club 12



Elizabeth Kwiatkowski Interact 9; Indoor Track
 9; Field Hockey 11; Yearbook 11
 John Lawrence
 Scott Lawson Football 9-11; Spanish Club 10;
 FCA 11-12; Chorus 12
 Tony Levine Soccer 9-12; Indoor Track 11;
 Spanish Club 11-12; Football 11-12; Environmen-
 tal Club 12; Senior Class Treasurer



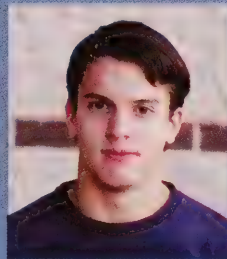
Nicole M. Mackey
 Mark Major Basketball 9; Football 9-12; TSA 9-
 12
 Paul A. Maldonado Indoor Track 10; Band 11-
 12; Soccer 11-12; TSA 11-12
 Jeffrey A. Males Wrestling 9-10; Football 10, 12;
 Lacrosse 9-12, Captain 11-12; Weightlifting 11-12;
 TSA 11-12; Frisbee Club 12



Anthony Mammarella Soccer 9-12, Captain 11-12
 Courtney Manol
 Kimberly Martin DECA 9-12, Reporter 10,
 President 11-12; FHA 10; Inner Club Council 12
 Miriam Martin Show Choir 9; Cheerleading 11-
 12; DECA Secretary 11; Madrigals 12



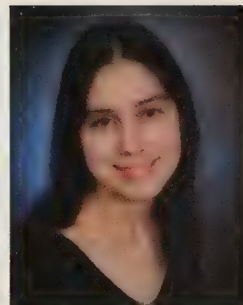
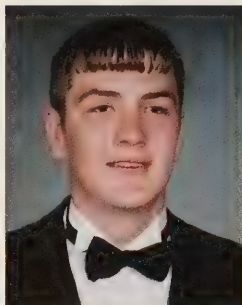
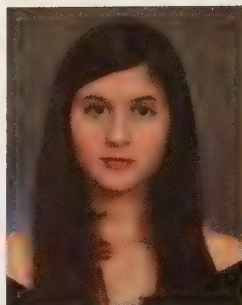
"We give away all this money and never really see the benefits
 of it. Our money just kind of disappears . . . Where does it go? I
 mean I know that we have to pay for
 graduation and stuff but it never seems
 like we really get our money's worth.
 Where does our \$60 dues go?"



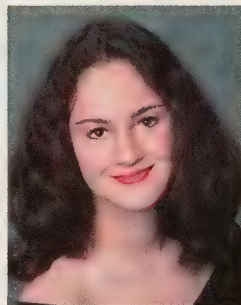
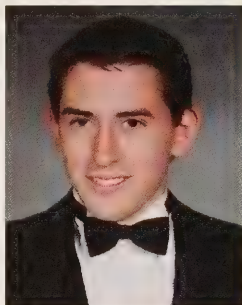
~Senior Steve Doebel

Splish splash cash. At a fundraising car wash
 on September 16, senior class vice president Jeff
 Young hoses a truck down.

Emily Mathusa French Club 9-10; Interact 10-12;
Field Hockey 11; Yearbook 11-12, Photography
Editor 12; Soccer Manager 11; NAHS 12
Kenneth McCabe Football 9, 11; Basketball 11
Brian McGee Learn and Serve 11; DECA 12
Lucille McLeese



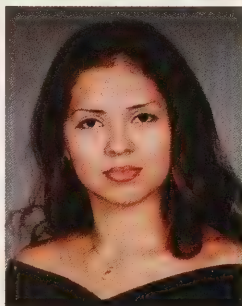
Bryan McNulty Football 9; Lacrosse 9-12,
Captain 11-12; Golf 10-12; TSA 11-12; Interact
Club 12; Frisbee Club 12
Michael McTighe
Mary Catherine Meadows Soccer 9-12, Captain
11; NHS 10-12; Environmental Club 11;
Basketball 11-12
Kathlene M. Mendoza Lacrosse Manager 9; Lit
Mag 11-12, Historian 11; Journalism, Opinion
Editor 11-12



Erin Millbaugh Swimming 9-12; HOSA 10;
Environmental Club 11-12; Volleyball 11-12
Christie Miller Band 9-11
Willie Miller DECA 12
Dorothy Minter Wrestling Manager 9-10; FBLA
9-11, Reporter 9-10; German Club 10; Learn and
Serve 11; Interact Club 11-12; DECA 12, Reporter
12



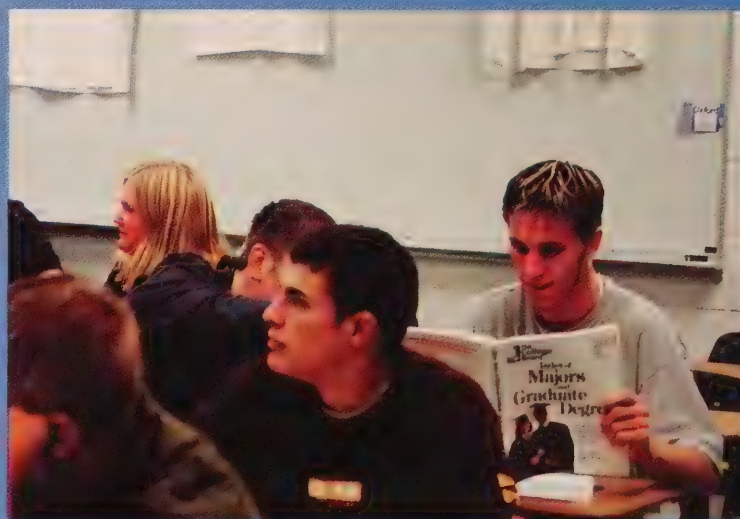
Lily Miranda Spanish Club 10; NAHS 12
Jeremy M. Mishler FBLA 9; Band 9-10; Indoor
Track 10, 12; Lacrosse 11-12
Lauren Mooney Swimming 9, 11-12; Interact
Club 11-12; DECA 12
Kimberly Morrow Chorus 9-10; DECA 12



"I plan to go to a community college and later transfer to an art institute to further my education in graphic design. Hopefully my college schooling will allow me to work for a big company like ABC Network. I'm looking forward to going to college so that I can be on my own and get ready to start my career." ~Senior Crystal Culbertson

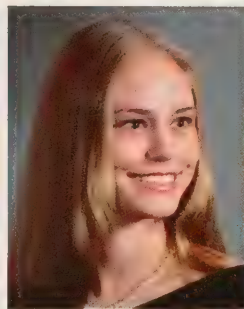


College bound. After listening to Mrs. Lawrence talk about what to expect in college, senior Matt Flockhart tries to find a college he is interested in.





Shannon Mudd FCA 11-12; NHS 11-12; NAHS 12
Amanda Mullens APC 9; Theatrical Production 10, Stage Manager; FBLA Reporter 11; Interact; TSA 11-12, Vice-President 12; Cross Country 12
Derek Mullins Orchestra 9-11; Symphonic Band 11; Jazz Band 11-12; Chorus 12
James Myers Soccer 9-12



Carl M. Nasal FBLA 11-12, Parliamentarian; TSA 11-12; NHS 11-12; Academic Team 11-12
Mitchell L. Nason Indoor Track 9; Soccer 9-12, Captain 11-12; NHS 10-12, Vice-President 11-12; Spanish Club 11; Frisbee 12; Environmental Club 12
Nichole L. Neubert NAHS 11-12; Spanish Club 11; Newspaper 11, Editorial Staff; Literary Magazine 12
Jennifer Newberry



Ashley Nihart
Dawn Oesterle Swimming 9; Cheerleading 9-12; FCA 9-12, Secretary 11-12; Gymnastics 10-12, Captain 11; Softball 11-12
Marjorie Osmer Softball 9-10, 12; Band 9-11; SSS 12
Jessica Ostrom



Angel Ours
Akemi Christina Parker Swimming 9-12; NHS 10-12, Secretary 11-12; Yearbook 12, Organizations Editor
Jennifer Payne DECA 9-12
Melissa Perez Track 9; Basketball 9-10; FBLA 11; DECA 12

Seniors plan The Next Four Years

By Kelly Burcham

Asking a table of people to judge your accomplishments and decide whether or not they want to accept you. **Seniors** prepared for their college years with apprehension and ex-

citement. Filling out college applications and writing application essays filled their time.

Senior Patrick Heck said, "I really want to go to UVA [the University of Virginia] . . . I ap-

plied for early decision."

"I'm going into the Air Force so that they can pay for my college," said **senior** Artie Grace.

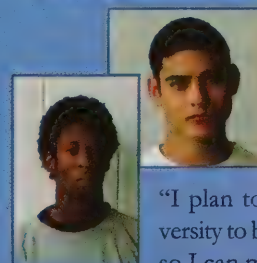
No matter what their college plans, **seniors** anticipated

the independence that they would have in college.

Senior Linda Wesley said, "I can't wait for college. It's going to be so cool. I get to do what I want and have freedom. I can't wait."

"I want to get my civil or industrial degree and start my own engineering firm."

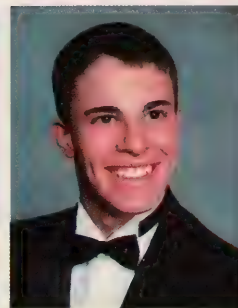
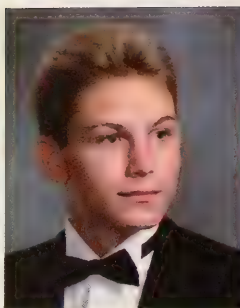
~**Senior** Chris Garcia



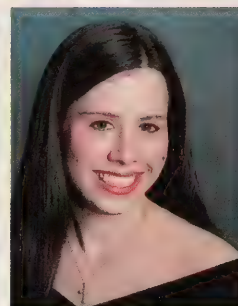
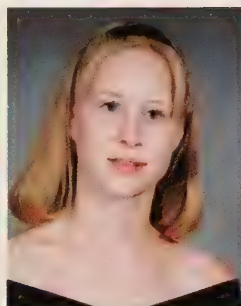
"I plan to go to Howard University to become a business man so I can make a lot of money."

~**Senior** Brandon Jackson

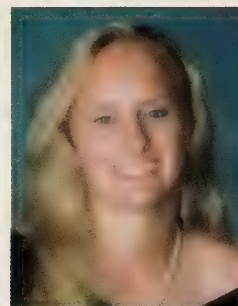
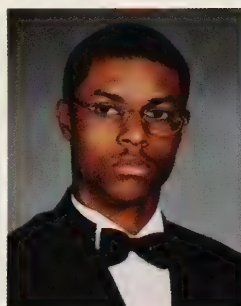
Adam Phillips Lacrosse 9-12, Captain 11-12;
Interact 11-12, President 11, Vice-President 12;
TSA 11-12; Basketball 11; FBLA 12; Frisbee 12,
Reporter
Carissa Pickenpaugh
George Prince SADD 9; French Club 9; Baseball
9, 11-12
Jason Randall



Robert Rankin Football 9-12, Captain 11-12;
Lacrosse 11-12; Latin Club 11-12; Wrestling 11
Audra Reynolds Indoor Track 9-11; Outdoor
Track 9-11; Field Hockey 11
Elspeth Ridout Drama 9-12; Newspaper 11-12,
Photography Editor 11-12, Commonwealth
Governor's School 10-12
Matthew Robinson



Geoff Rogalla German Club 10
Kelvin Ross
Julie Ross Indoor Track 9-12; Outdoor Track 9-
12; Field Hockey 11-12; Interact 11-12; FBLA 12,
Historian
Terrell Ross



Chester Rubbo Baseball 9-12; NHS 12
Garrison Rule Drama 9-12; NHS 10-12; Interact
12; TSA 12
Carie F. Sanchez Tennis 9-11; Soccer 10; Dance
Team 10-11; FBLA 11; International Club 11
Tejdev Singh Sandhu Outdoor Track 9;
Forensics 9-12, Tourney Chair 9; Spanish Club 9-
12, Treasurer 9; NHS 11-12; Academic Team 11-
12, Captain 11



Q Do friendships
last after gradu-
A ation?

"Of course . . . all of my friends will
be living in my garage, going to
NOVA."

~ **Senior** Kristi Swisher

"Yes, but I think that it takes both
people working at it."

~ **Senior** Shannon Mudd

We will still Friends Forever

By Michelle Fabie

"The fun me and
John [Beltran] have
together is what
makes our friend-
ship last," **senior**
Artie Grace said.

Friendships were
an important part
of students' lives,
especially to **seniors**.

Many **seniors** be-
gan to wonder if
their high school
friendships would
survive after gradu-
ation.

"I know that we
[Kelly Burcham and
I] will be friends for
a long time because

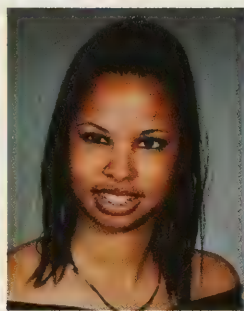
we never, ever lie to
each other about
anything . . . No
matter where we
are or what we're
doing, we always
have fun together,"
said **senior** Linda
Wesley.

Senior Mike

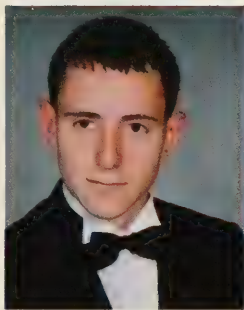
Gillies said, "You'll
only keep in touch
with your closest
friends . . . There's a
difference between
true friends and ac-
quaintances. I'll still
be hanging out with
Pat [Heck] twenty
years from now."



Danielle Sandoval DECA 11; NAHS 11-12; Literary Magazine 12; Spanish Club 12
Jennifer C. Sauter
Anthony Savelle ASL 10-11, Vice-President 10, President 11
Irvin Sawyer Football 9; FBLA 9-12



John C. Schaefer III Football 9,12; FCA 9-12; Indoor Track 11-12; Lacrosse 9-12, Captain 11-12
Kristina Senter Latin Club 11-12, Historian 11-12; NAHS 11-12, Historian 12
Carl Sergenti
Dorothy Sharp



Alan Sheehan Latin Club 11-12
David Shuford
Kevin Smith Football 9-10; Basketball 9; Lacrosse 11
Mathew Smith Hockey 10; Baseball 11; NAHS 12; Interact 12



Sally Smith Wrestling Manager 11-12; Football Manager 12
Bradley Snyder FBLA 10; Boys State 11, Treasurer; Golf 11-12; NHS 11-12
Elizabeth Sowers Basketball 9; TSA 11-12; Cheerleading 11-12; SADD 12; ASL 12; Yearbook 12
Amanda Sprague Symphonic Band 9-11; Marching Band 9-12; DECA 11-12, Parliamentarian; Wind Ensemble 12



"I'm positive that I will always be friends with [senior] Christa Cregger. I'll always stay in touch. She's been there when I needed her most and always supported my decisions. That's what real friends are."



~Senior Steven Van Amerogen

Friendly Munch. A sunny day in October finds seniors Nick Zumwalt and Stephanie Houser enjoying a senior privilege--lunch in the Senior Courtyard.

"I know I personally suffered from an extreme case of senioritis. I didn't want to go to school or do any of the work. It got rough motivating myself to do school work when there were so many other things I wanted to do."

~Senior Adam Brownback

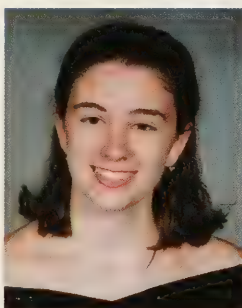


Better things to do.

Seniors Amy Jackson, Kynnette Whiting, Dorothy Sharp and Anna Aveleya take a break from classwork. In Mr. Don Lilly's sixth period English class, only one student came to school on the October Senior Skip Day.



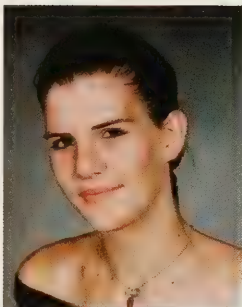
Kirsten Staggs Symphonic Band 9; Key Club 10; FBLA 11-12, Secretary; Lit Mag 11-12
Adam Stevens
Alexander Stone TSA 12
Justin Stonehill Football 9-12; Baseball 9-10; DECA 11, Treasurer



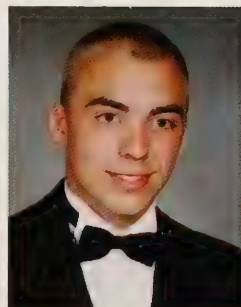
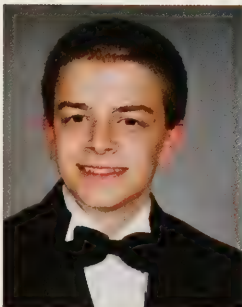
Kristi Swisher Swimming 9; Outdoor Track 9; Cross Country 9-10; Newspaper 11; Literary Magazine 11-12, Editor 11
Nathaniel Sudbeck
Ashley Taylor District Chorus 9; Chorus 9-12; Musicals 9-12
Malise Tepera Junior Class President; Cheerleading 9-11, Captain 11; NHS 10-12; Chorus 10-11; Cross Country 12, Captain; FCA 11-12



Jennie Thomas
Jessica Thompson Dance Team 9
Keith Thompson Football 9-10, 12
Brittany Paige Trant Interact 9-10, Reporter 10; NHS 10-12, President 11-12; Yearbook 10-12, Editor-in-Chief 11, Sports Editor 12



Zachary Traywick
Laura Trigger History Club 9; Orchestra 9-11; French Club 9-11; NHS 10-12; Journalism 11-12, Web/Layout Editor 12
Steven VanAmerongen
Ivelize Vega



Coming down with the Senioritis Bug

By Jessica House & Nikki Dowling

Senioritis hit early, slowly taking over the seniors as they began to feel its effects and symptoms.

"So many seniors are missing school, and when they do come in they do come in they are so lazy," se-

nior Katie Schatz said.

Characterized by skipping school and failing to do homework, seniors who caught the senioritis bug were deterred from their usual responsibilities.

"I can feel myself slacking," senior Linda Wesley said.

"You can tell you have senioritis when you used to be a good student but you suddenly start to get really bad grades

on tests and quizzes," said senior Lindsey Evans. "Senioritis is really when you are too lazy to do any work your senior year because you are so close to finishing high school."

Tgp

Ways you can tell you've caught Senioritis

3. More class time spent sleeping than taking notes.

2. Homework? What's homework?

1. Missed first period more days this week than you've attended.



John W. Vickroy Latin Club 10-12; HOSA 11; ASL 11-12, Vice-President 12
Carolyn Michelle Warner Chorus 9-12; DECA 11-12

Heather Warren

Daniel Wasson Football 9, 11-12; Wrestling 9-12, Captain 11-12; Frisbee 12



Jason Weber Football 9-10

Stephen Weimer Wrestling 9-10

Linda Michelle Wesley Cheerleading 9, 12; Interact 11; Lacrosse Manager 11-12

Kristen L. West



Lauren Nicole White Soccer 9-10; Field Hockey 11

Yavonna White Dance 9-10

Surima Whitfield Marching Band 9-12; FBLA 11-12, Treasurer 11, Vice-President 12; NHS 10-12; Spanish Club 10-11; Environmental Club 12; FCA 12

Kynnette Whiting Multi-Cultural Club 11-12; DECA 12



Christopher Whittington

Amanda Williams ASL 11-12, Treasurer 11, President 12; Track 10; Environmental Club 11-12, President 11; Softball 11; FCA 12

Elizabeth Williams

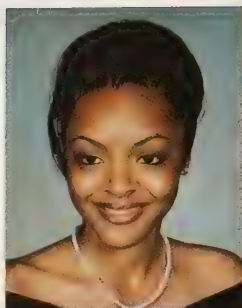
Christopher Wilson Football 9

Demetria Wilson

Todd Winstanley Soccer 9-12; Frisbee 12, Vice President; Senior Class President

Martha Wise

Christina Wynes Spring Track 9-12; Indoor Track 11-12

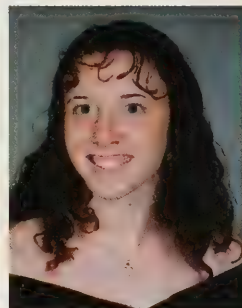


Christine Theresa Claire Wysocki Cheerleader 9-10; Band 9-12; SSS 11-12; Theater 11-12

Eva Yahnert HOSA 10; DECA 11-12

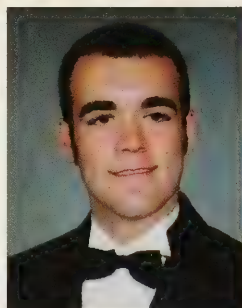
Lisa Yeagley Cheerleading 9-10, Captain 10; Softball 10; Gymnastics Captain 11-12

Jeffrey Young Soccer 9-12, Captain 11; Basketball 11; NHS 11-12; Frisbee 12, Co-President; Class Vice-President 11-12; Yearbook Section Editor 10-11



Victoria Zavrajnykn

Nicholas Zumwalt Track 9; OM 10; TSA 12



What will you
miss about high
school once you
graduate?

"Being able to act stupid
whenever I want."

~~~

Senior Todd Winstanley

"I'll miss my friends, I'll  
miss hanging out, I'll  
miss being able to see  
them everyday."

~~~

Senior Patrick Heck

"Seeing and talking to
my friends everyday."

~~~

Senior Jason D'Amico

"I am going to miss being  
a kid and having my  
parents take care of me."

~~~

Senior Beth Williams

"I will miss getting into
things that I shouldn't.
I'll miss all the trouble
I'm always in."

~~~

Senior Raymond Baker

*Saying Goodbye*



# A Sign of Status Around your Ring Finger

by Michelle Fabie

Class rings were one of the first signs that juniors became upperclassmen. Most juniors found the expense of the ring without the symbol of their status.

"A lot of people don't think buying

"My class ring will remind me of all my high school memories."

- Junior Alin Leu

something you only wear for a year or two is worth it, but I do because my class ring will remind me of all my high

school memories," said junior Alin Leu.

A school ring also helped bring a unity amongst the students.

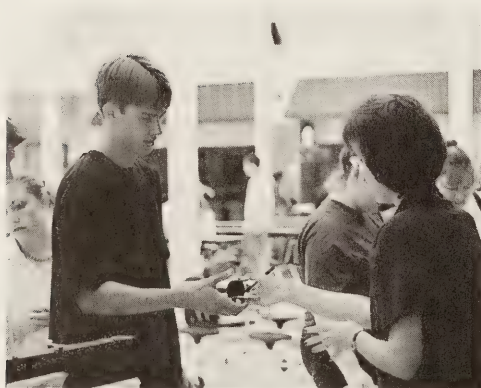
Class rings helped to dissolve any Blackhawk, Indian, and Wolverine mentalities that lasted through the first year.

"I was excited to see what my ring looked like . . . It made me realize how much I've grown in the past years. It made me feel like a true part of our school," junior Nichole Gagnon said.



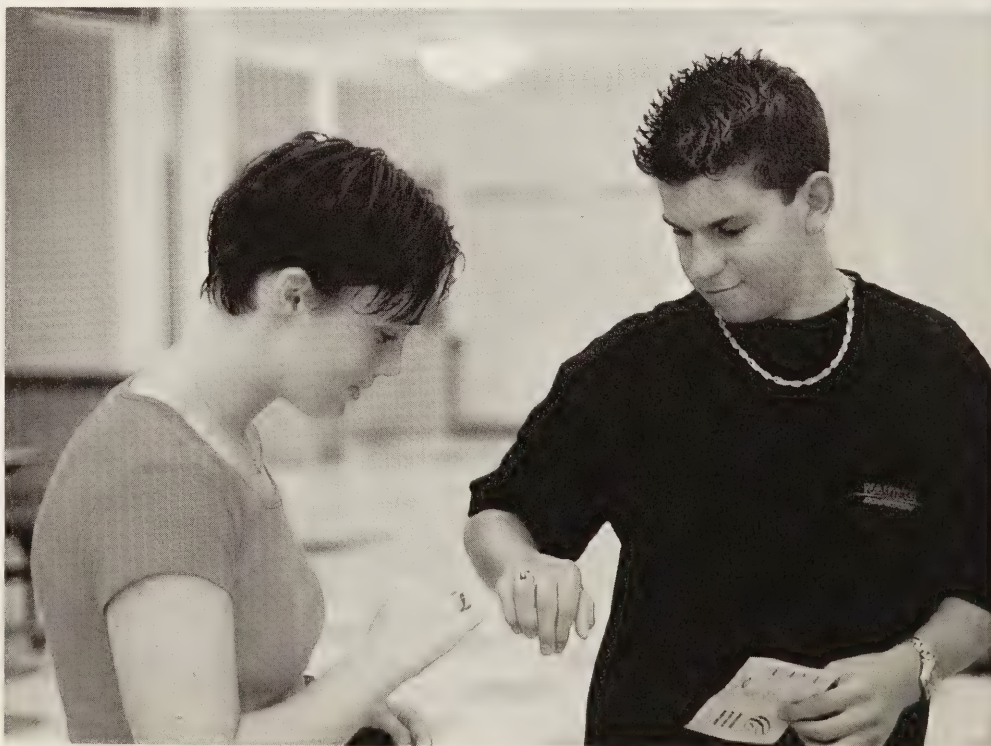
Emblems to get on a class ring . . .

5. Cross
4. Eagle
3. Sports
2. Graduating year
1. Your name

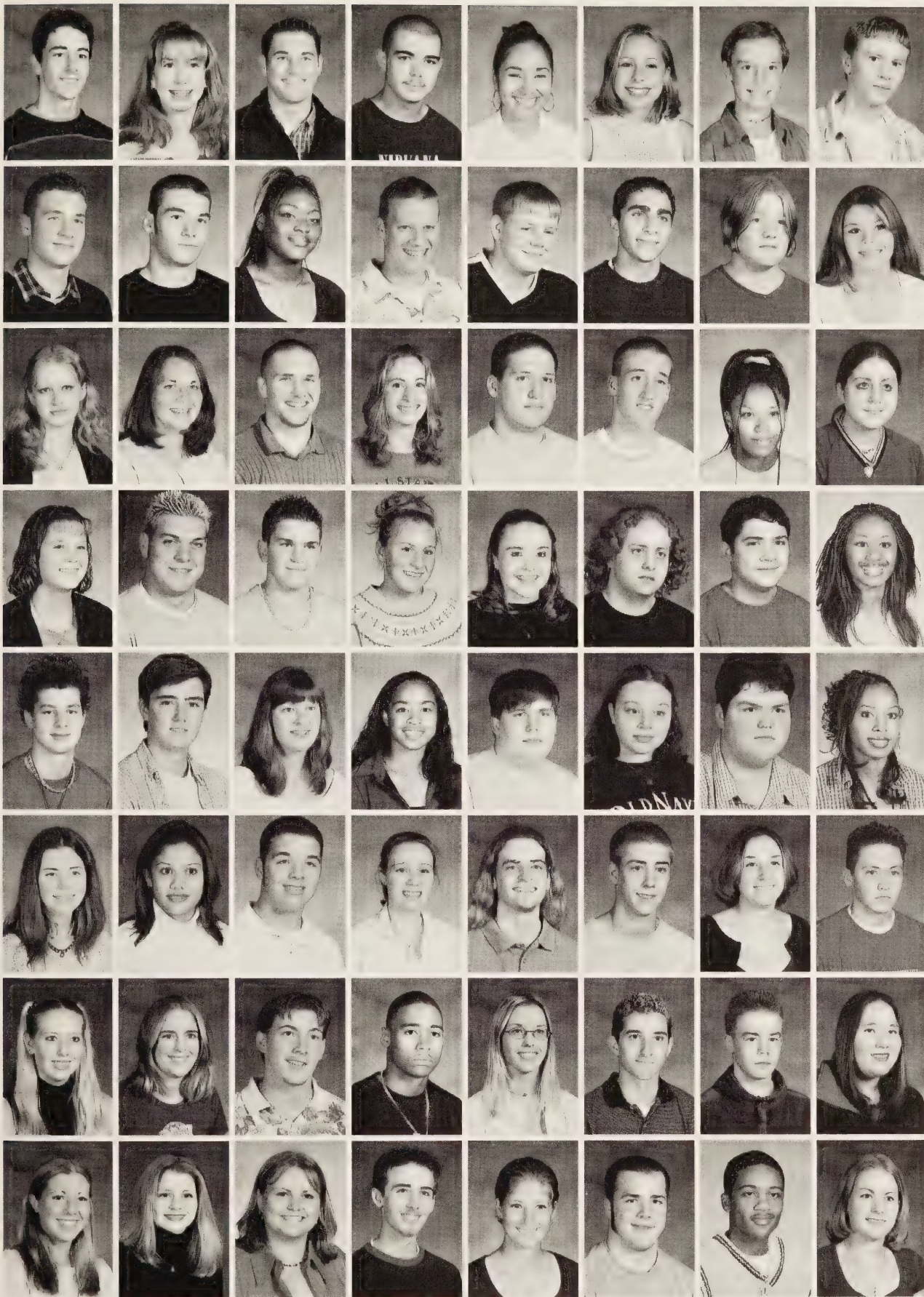


**The Hand-Off.** Junior Kevin Parks receives his ring from a Jostens representative. Students waited in line to order their rings and make any final payments. They checked ring size and style.

**Two For the Show.** Juniors Catherine Babbie and Jason Brown compare rings during the ring party on September 11. After waiting in line, students were rewarded with subs, chips, and drinks.







Anthony Adriance  
Emily Akers  
Christoph Albright  
Casey Antaya  
Melissa Arias  
Lauren Arroyo  
Catherine Babbie  
Brandon Ballow

Charles Barcus  
Stacy Beach  
Sophia Bean  
Matthew Bennett  
Martin Berend  
Ashkon Bihamta  
Ronald Bittinger  
Crystal Black

Alison Blake  
Sarah Bland  
Donald Bochert  
Andrea Borella  
Curtis Bosworth  
Michael Bosworth  
Kimesha Brent  
Lyssa Bridges

Nicole Brien  
Chuck Brown  
Jason Brown  
Tiffany Bruno  
Kristin Bryant  
Thomas Burner  
James Burrows  
Brandi Burton

Philip Butler  
Travis Campbell  
Michelle Canterbury  
Jinean Carabai  
John Carey  
Amanda Carl  
Anthony Casteel  
Lara Childs

Catherine Choney  
Nicola Cinco  
Christoph Clark  
Christina Clarke  
Gabriel Compton  
Daniel Cook  
Lindsey Cook  
Chris Cornett

Monica Cornuet  
Melissa Cowles  
Brent Cox  
Matthew Crews  
Kimberly Crismond  
Jordan Decourcey  
Kevin Dodson  
Kimberly Dooley

Rachel Downham  
Jamie-Lee Edwards  
Alishia Ellis  
Ryan Evans  
Michelle Fabie  
Jeremy Fales  
Patrick Farris  
Elizabeth Ferguson

**Juniors**  
Class of 2002



# The Animals with Pet Appeal

by Michelle Fabie

"I have snakes because scales are better than slobber."  
Junior Danny Kistner

Shells, scales, and spines; not your average description of household pets. Many juniors however, preferred the unusual characteristics of turtles, snakes, and hedgehogs to cats and dogs.

"I have snakes because scales are better than slobber," commented Junior Danny Kistner. Although his mother often

wanted to trade in the reptiles for a playful kitten, snakes made Danny's house a home for three years.

Junior Ameer Milling had to be careful around his pet turtle, Paws. "He almost bit my finger off once when I dropped a worm in the tank; he thought it was the worm," said Ameer.

Uniqueness made these pets popular with the juniors. Students enjoyed domesticating the more unlikely species of the animal kingdom.

## Fact or Fiction?

1. Puppies are the number one selling pets.
2. Catnip was discovered by Gregory Nip in 1947.

1. Fiction. Hamsters are most popular.  
2. Fiction. Catnip has been known for at least 2000 years.



**Bird Calls.** Pearl, a cockatiel, clings on to junior Jen Sweeney's hand. "He never stops chirping," said Jen, about her seventeen-year-old pet.

**Puppy Love.** Junior Nichole Gagnon gets a few licks from her dachshund, Furface. Nicole had two dachshunds who followed her great dane around the house.







Brendan Fitzgerald  
Jennifer Fulmer  
Nichole Gagnon  
Sean Gallagher  
Johnny Gammon  
Renee Garrison  
Samantha Ghormley  
Natasha Glover

Jessica Goad  
Lauren Goldsmith  
Kelly Goodin  
Erica Goodrich  
Kyle Graham  
Stephanie Graham  
Ian Greaves  
Cynthia Greenawalt

Brenda Grubbs  
Jeffrey Hackman  
Roy Hager  
Drindzle Hall  
Sarah Hamer  
Cecelia Hardesty  
Kimberly Harrison  
Joseph Harpine

Samantha Harriman  
John Harris  
Jason Harrison  
Alan Hatmaker  
Renauldo Hawkins  
Christy Heib  
David Henderson  
Jennifer Hennebury

Austin Hess  
Samantha Hevel  
Jennifer Hodges  
Kristin Hoffman  
Michael Hoke  
Michael House  
Nathaniel Howard  
Robert Howard

Troy Hudson  
Melissa Hughes  
Tiffany Hughes  
Adam Husn  
John Irby  
Chad Jarboe  
Tiffany Jaskolka  
Maria Javois

Timothy Jenkins  
Crystle Johns  
Danielle Johnson  
Erica Johnson  
Jeremy Jones  
Nichole Jones  
Anthony Kane  
Edgar Kauffman

Eric Kearns  
James Keating  
Kristina Keeler  
Bryan Kerr  
Ayanna Khalsa  
Daniel Kistner  
Douglas Kittell  
Kathleen Klemm



# Up with the Man on the Moon

by Jessica House  
and Laura  
Brockman

Children willingly arise at dawn to watch Saturday morning cartoons. However, juniors tended to sleep through morning TV.

"I'd like mornings better if they started later," junior Kim Hardison said.

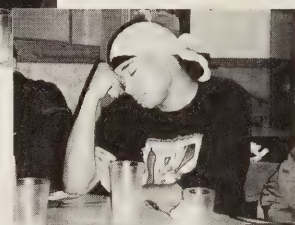
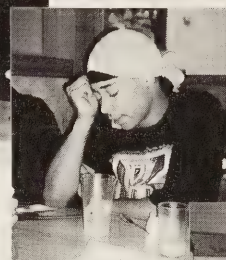
The human body secretes melatonin, the hormone that regu-

lates sleep cycles, at nighttime hours, allowing the person to fall asleep. Melatonin is released at later hours in a teenager's body, explaining students' need to stay up late and then subsequently sleep in.

"I can stay up late because I don't need that much sleep," said junior Chad Polliard.

A few still rose to enjoy morning cartoons, but most tended to sleep in and begin the day a few hours later.

"I would like  
mornings better if  
they started later."  
Junior Kim Hardison



Going...  
Going...  
Gone!

**Fading Fast.** With only three hours of sleep the night before, junior Matt Crews struggles to stay awake during breakfast at six o'clock in the morning. During a church retreat he ate with the youth group at The Golden Corral in Hampton, Virginia.

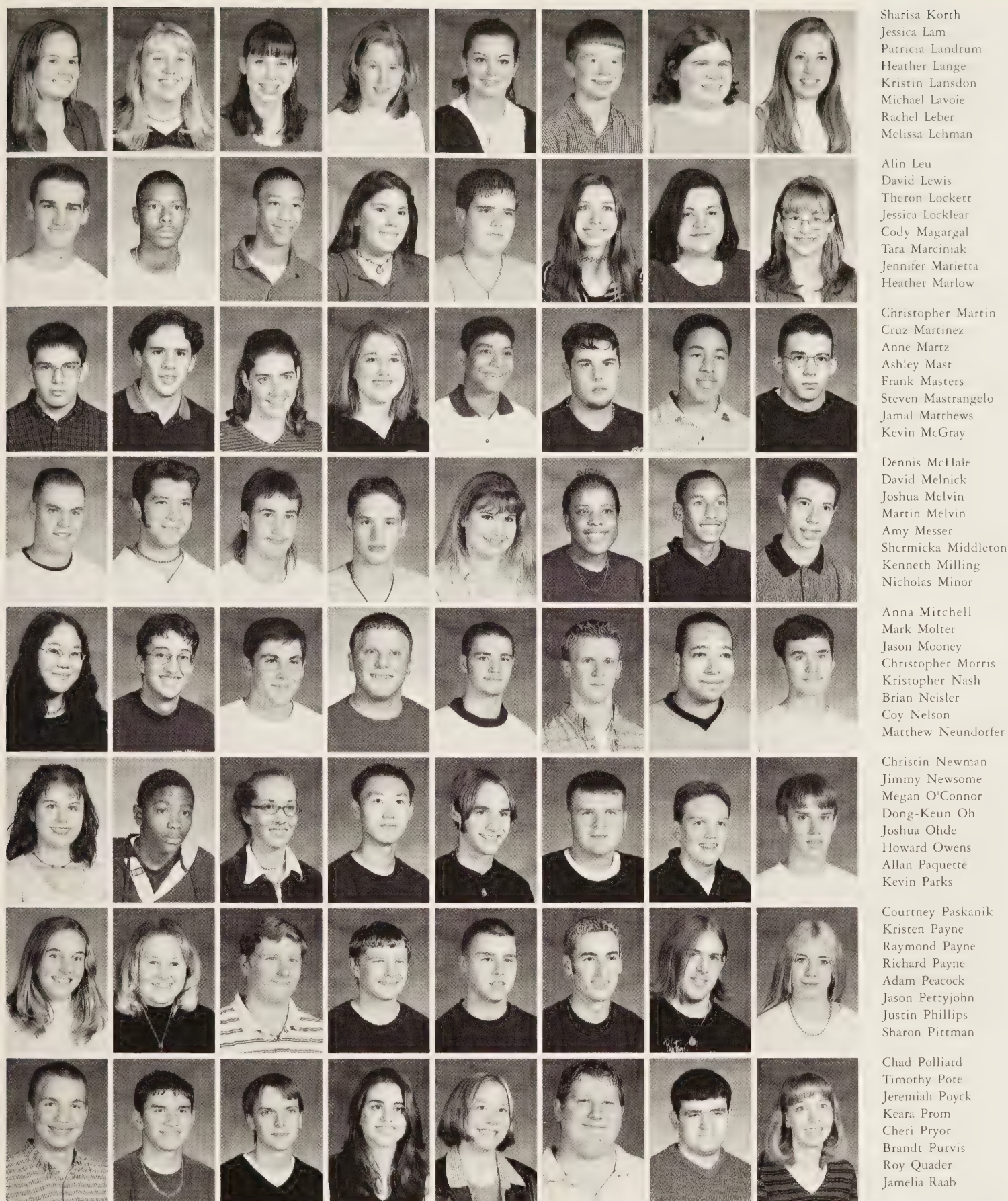


**Half Asleep.** During first period, junior Jamal Matthews struggles to recover from his wake-up call at six o'clock that morning.

**Needed Zzz's.** While the rest of the class took notes in Algebra II, Junior Lauren Goldsmith caught up on the sleep she missed from the night before.









# Cool, Calm, Collected and Under Control

by Kelly Burcham

SATs . . . what a pain!

However, with the help of teachers, juniors felt more prepared for this big test.

"The questions were pretty much

what the teachers have taught us in class," said junior

Part of Ms. Tori Helmer's Algebra III class was an SAT day. "We

"I felt like my teachers had prepared me. . ."

Junior AJ Fales

divide up into teams and do SAT prep questions. It actually helped me out a lot," said junior Kelly Shaw.

When testing day rolled around, juniors headed to their testing site, number two pencils, TI-83 calculators, and admission tickets in hand.

Junior AJ Fales said, "I felt like my teachers had prepared me by the time SATs rolled around."

So, bread is to crumb as wood is to splinter. No problem.



**Down But Not Out.** Junior Joshua Ohde takes time to look over an SAT information booklet before registering. Prep courses and practice tests were available for students to prepare for the SAT.

## How do you score?

1. If  $4^{x+1} = 64$ , what is the value of  $x$ ?

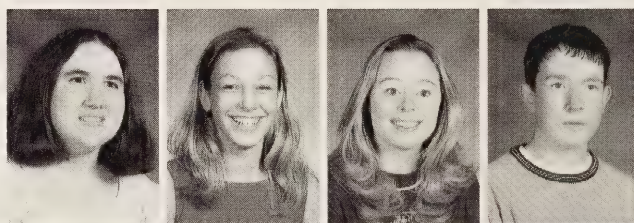
- A. 2
- B. 3
- C. 4
- D. 5
- E. 6

2. In a society that abhors ----, the nonconformist is persistently ----.

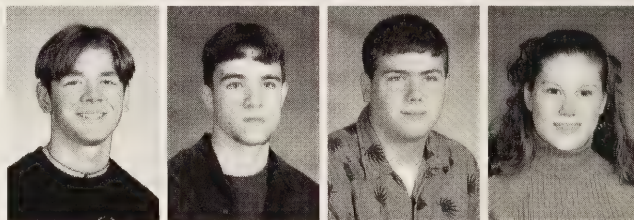
- A. creativity . . . glorified
- B. rebelliousness . . . suppressed
- C. insurgency . . . heeded
- D. smugness . . . persecuted
- E. stagnation . . . denigrated

1. A; 2. B

Shawn Ramey  
Natalie Reck  
Ashley Reeves  
Blake Reheiser



Michael Robertson  
Sebastien Robertson  
Brandon Rocker  
Tara Roe



Megan Rolan  
Amber Romero  
Clarissa Rooks  
Bruce Ross







Catherine Ross  
Earl Rudd  
Matthew Saville  
Ashley Schatz  
Rachael Schleicher  
Adam Sekellick  
Matthew Serbinski  
Melissa Sergent

Jesse Shaffier  
Kelly Shaw  
Heather Shelton  
Justin Shifflett  
David Shomo  
Kimberly Simpson  
Jessica Smith  
Joshua Smith

Zachary Smith  
Scott Snider  
Shannon Speelman  
Maryann Stapleton  
Richard Stark  
Thomas Starkweather  
Cameron Stephens  
Lauren Stroud

Lauren Summers  
Brandon Swecker  
Jennifer Sweeney  
Elizabeth Talbert  
Daniel Taylor  
Melissa Taylor  
Carl Terrance  
Stuart Thacker

Whitney Thomas  
Mark Thyrring  
Alyssa Townsend  
Kjersti Trout  
Bradley Truxell  
Ashley Turner  
Christina Turner  
Danielle Turner

John Urban  
Ashley Vamosi  
Jamie Vasilas  
Jessica Vind  
Ryuichi Walker  
Betty Watson  
Christina Weidner  
L. Holly Whitfield

Sherrese Whiting  
Thelma Wilkins  
Angela Williams  
Ciara Williams  
Shelby Wilson  
Derek Wiser  
Blake Wood  
Nicholas Yauss

Elizabeth Zinger  
Angela Zuidema



# Cells and pagers allow students to

by Amy Wood and  
Malika Khalsa

"In case of an emergency, my mom can contact me."

Sophomore Chrissy Frey

We've all seen them in the teen flicks. People paging each other during class, or chatting on cell phones in the hallways. Although prohibited in county schools, the pager and cell phone craze

seemed to take over the sophomore class.

One reason for this sudden popularity concerned safety. Sophomore

Chrissy Frey said, "In case of an emergency my mom can contact me." In return, out-late students assured their worried parents that they were on the way home.

Cell phones and pagers also allowed for creativity. Students chose phone covers to match their personality, added on light-up antennas and selected specific pager colors. While sophomores were usually on the run, they were no more than seven digits away.

## "Holla at Me."



157 of 256 sophomores own a cell phone.



37 of 256 sophomores own a pager.



**Hit Me Up.** Standing inside of Food Lion, sophomore Kenny Stover answers a page. "I've had my pager for six months. I like people being able to get in touch with you when you're not home," Kenny said.

**Chit Chat.** Waiting for her basketball game to start, sophomore Miranda Shaffier calls her mom to insure that she was coming to pick her up at the end of the game.







Brittany Abernathy  
Jadd Adams  
Luisa Adams  
Ashley Adriano  
Alicia Albright  
Carly Allen  
Christopher Allen  
Marcus Allen

Amanda Andrews  
William Andrews  
April Angilletta  
Leanna Argyle  
Melanie Aubee  
Crystal Austin  
Scottie Bailey  
Jessica Bair

Perry Ball  
Philip Banks  
Stephanie Barrett  
Michelle Bartenfelder  
Travis Barton  
David Bausch  
Brandon Beard  
Zachary Belcher

Kenneth Bensman  
Travis Benson  
Joshua Berry  
Jamar Berryman  
Adam Bethany  
Daniel Bishop  
McKenzie Black  
Paul Bleau

Kenneth Bochert  
Jessica Boutchyard  
Paige Bowden  
Adam Bozarth  
Robert Bozich  
Amy Breitbarth  
Michael Brennan  
Matthew Brethauer

Amy Breyer  
Taryn Brice  
Amber Bright  
Laura Brockman  
Kimberly Brooks  
Ashley Brown  
Timothy Brown  
Tracy Brown

William Brown  
Seth Burdsal  
Marvin Burnett  
Misty Burton  
Lindsay Campbell  
Matt Capriani  
David Castilleja  
Ryan Chandler

Kevin Chapman  
Shanta Chapman  
Andrew Claerbout  
Erik Clancy  
Megan Clare  
Andre' Clark  
Jason Clark  
Michelle Collier

# Sophomores

Class of 2003



# More than one way to Make the Grade

by Michelle Fabie

The capital of Thailand is Bangkok.  
The capital of Thailand is Bangkok.  
The capital of Thailand is Bangkok.

Repetition was one strategy that stu-

dents used to ace

their classes. "I

usually sit down

and read over my

notes a few

times," said

sophomore Tish

Smith. This

method proved successful for many sophomores when it was time to hit the books.

Tutoring was an option to help students gain a better understanding of the tougher subjects. "Re-learning something outside of class is helpful when I don't understand the first time," said sophomore Bianca Levine.

While the sophomores' techniques ranged from repetition to last minute cramming, they came prepared.

"I usually sit down  
and read over my  
notes five times."

Sophomore Tish Smith

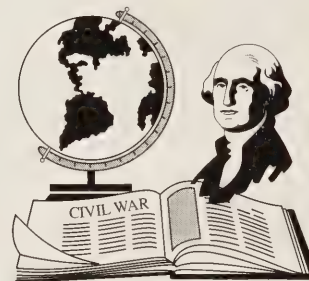
## Hitting the Books

Take detailed notes

Don't cram for tests

Study in a quiet place

Study in "chunks" of time



**Head Start.** Sophomore James Davis takes advantage of the down time he has after school. James got started on some homework while waiting for his ride to take him home.

**Work and Play.** Taking a break from a study session, sophomore Lindsey Elie cracks a smile as she scans through a catalog, picking out her summer wardrobe. "I get distracted easily so I study a little here and there," said Lindsey.







Jason Collins  
Steven Conningham  
Amanda Cooper  
Christoph Corbin  
Robert Corwin  
Sherria Cotton  
Matthew Cover  
Joshua Coy

Christopher Crawford  
Warren Crittenden  
Alesha Crosby  
Nathaniel Cunningham  
Steven Cunningham  
Carl-Eric Currence  
Andrew Currin  
Joseph Daigler

Marie Dare  
Rhonda Darr  
Candace Davis  
James Davis  
Reggie Davis  
Carol Deaver  
Ellen Deffenbaugh  
Taylor Delmonte

Christina Desanto  
Megan Dickinson  
Joseph Dillon  
Michael Dobrzanski  
Jacob Dodson  
Lindsay Donnell  
James Donohue  
Robert Douglas

Nikki Dowling  
Heather Downing  
Lisa Downing  
Katie Drummond  
Sarah Duckworth  
Tracy Dunstan  
Glenn Dye  
Sarah Dye

Tyrone Dyer  
Jason Edwards  
Lindsay Elie  
Thomas Ellenwood  
Ryan Elliott  
Stephanie Esposito  
Brandon Eubank  
Lauren Evans

Nathan Evans  
Julie Farley  
Valerian Fedorca  
Scott Fisher  
Charles Fitzgerald  
Jacob Flatter  
Christopher Florio  
James Follo

Ashley Fowler  
Melissa Francisco  
Seraiah Freeman  
Stephen French  
Joel Fuller  
Joel Futrell  
Suzanne Gallimore  
Kerriann Galloway



## Up Close and Personal

by Courtney Paskanik  
and Michelle Fabie

A bedroom is simply a place to sleep . . . right? Not always. For many, bedrooms were a way to mirror their personalities.

"... if you were to walk in, you'd get a sense of me."

Sophomore Taylor Del Monte

"My room just has all the things I'm interested in, so if you were to walk in you'd get a sense of me," sophomore Taylor Del Monte said.

"My panda rainforest comforter, my jungle posters covering every square inch of my wall, and my monkey collection hanging from my curtains and down my drapes," transformed sophomore Amy Breitbarth's would-be average bedroom into a jungle. "I really want to see the Amazon rainforest. So I turned my room into it," she said.

Creativity made bedrooms into reflections of sophomores.

## What gives your bedroom personality?

"My room is decorated with old point shoes to remind me of when my sister and I used to dance."

~~~

Sophomore Megan Well

"You can tell the Redskins are my favorite team when you walk into my room."

~~~

Sophomore Jon Sowers



**Skies of Blue.** Standing on her bed, sophomore Brittany Abernathy adjusts one of the butterflies that hang from her ceiling. A yellow fan illuminated her cloud-covered walls.

**Sugar and Spice.** Examining her nails, sophomore Suzanne Gallimore talks on the phone in her bedroom. She decorated her room with wallpaper, posters, and childhood toys.







Christian Gauthier  
Ashleigh George  
Jessica Giles  
Julie Giles  
Melissa Giordano  
Elisabeth Glad  
Jennifer Glasgow  
Tyler Godfrey

Heather Goding  
Jillian Golas  
Jennifer Gold  
Joseph Goll  
Ashley Green  
Whitney Green  
Nicholas Grontas  
Jacqueline Grosser

Hollie Groves  
Richard Guerrieri  
William Guillorn  
Benjamin Haas  
George Hall  
Sarah Hall  
Amanda Hardbower  
Jason Harris

Kristen Hartman  
Kristin Hartway  
Randy Hawkins  
Alveena Henc  
Sean Henry  
Robert Hensel  
Rachel Herriott  
Lacey Hicks

Sean Hill  
John Hoehne  
Janis Holcombe  
William Holtzman  
Jessica Horn  
Jessica House  
Aaron Humphreys  
William Huszar

Ryan Iddins  
Christen Itam  
Andrew James  
Stacy Janiga  
Charles Jessup  
Alan Johnson  
Ben Johnson  
Raelynn Johnson

Samuel Johnson  
Leigh Johnston  
Alicia Jones  
Brian Jones  
Richard Jones  
Elizabeth Jorge  
Catalin Kelish  
Travis Kelley

Kristen Kern  
Malika Khalsa  
Richard Kile  
Hye-Sun Kim  
Lindsey Kime  
Bill Kitchens  
Collan Knutson  
Michael Kopf



## Getting on your Last Nerves

by Jessica Lam and  
Michelle Fabie

**"[Nail biting] really bugs me."**

Sophomore Albert Undercoffer

Knuckle cracking. Smacking gum. Having someone read over your shoulder. When around the same people for seven periods a day (that's six hours and thirty minutes), little things tended to

grate one's nerves.

"I hate it when people chomp their gum like a cow," said sophomore Tish Smith.

Sophomore

Albert Undercoffer, was easily irritated by nail biting: "That really bugs me."

Some sophomores were annoyed by knuckle cracking. "I crack my knuckles a lot, but I hate hearing other people do it. Especially when people crack their backs or their necks," sophomore Megan Dickinson said.

The best advice for getting over these pet peeves? There's really no solution. So, grate your teeth, grin, and bear it.

## What really bugs you?

"I get easily annoyed when people stand in the middle of the hallway and don't move."

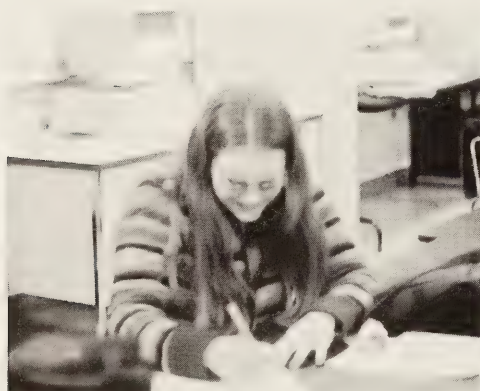
~~~

Sophomore Rhonda Darr

"I can't stand it when the DJs eat while talking on the radio."

~~~

Sophomore Sheila Shomo



**Where's the Glare?** Sophomore Stephanie Russ wears sunglasses in school. Many students ignored sunglasses' practical use and made them more of a fad.

**Cracking Up.** While listening to his teacher, sophomore Eric Trout subconsciously cracks his knuckles. Often a sign of nervousness, or sometimes just a habit, peers sometimes complained of the annoying sound.







Todd Koval  
James Laurimore  
Gordon Lee  
Daniel Leohner  
Bianca Levine  
Sean Leyh  
Igmedio Limos  
Bryan Looney

Matt Loving  
William Lyddane  
Dominique Mackey  
Pablo Maldonado  
Ruth Martin  
Thomas Martz  
Andrea Matarrese  
Brandon Matern

Katie McCluskey  
Christopher McElvaine  
Carlyn McFeeley  
Sean McGinness  
Brandon McKenney  
Breanne McTighe  
Hans Meisen  
Cagney Meisner

Justin Mendez  
Christopher Messier  
Laurie Miller  
Matthew Moody  
Nathan Moon  
Anne Moore  
Randall Moore  
Jason Mudd

Dustin Mullins  
Benjamin Nason  
Bobby Neal  
Dahlia Nelson  
Sarah Newport  
Latasha Nickels  
Nicole Norfolk  
Colleen O'Hagan

Ryan Olson  
Shelby Palmore  
Kristen Parisi  
Brandon Parris  
Brandon Partridge  
Dale Pellar  
Erin Phillips  
Kristin Phillips

Michael Porter  
Stacey Pratt  
Marion Preda  
Jessica Preston  
Jessica Purshock  
Shannon Radtke  
Andrew Reed  
Erica Reigger

Shannan Reynolds  
Erin Ridout  
Erica Riegger  
Brian Robinson  
Jeanine Robinson  
Roxanne Robinson  
Kathryn Robison  
Andrew Rogalla



# Enough said

by Christa Cregger  
and Laurie Miller

There are times when the expression on someone's face will say more than any words ever could. Using a clever facial expression can often convey emotions better than a remark.

"I use facial expressions to get my point across."

Sophomore Tasha Nickels

"I use facial expressions to get my point across because it makes the statement mean something," said sophomore

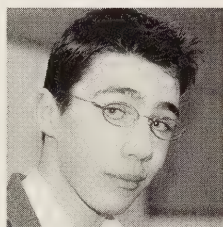
Tasha Nickels.

Facial expressions were a popular form of relief. Sophomore John Roman said, "I use them in any critical or stressful situation."

Sometimes people used facial expressions without even knowing it. Sophomore Nicole Norfolk said, "When I'm mad or upset I do, I don't realize it, but people tell me I do."

No matter the reason, facial expressions were used as a way to replace words in many situations.

Help! My nose is stuck!  
Someone help me!

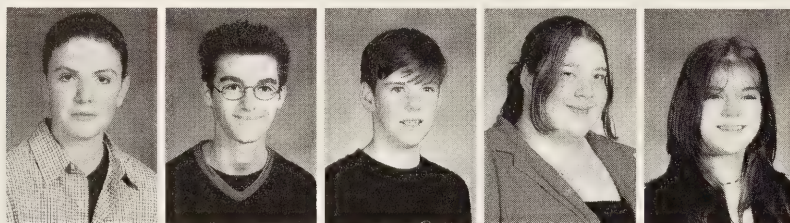


This photographer must think I'm pretty photogenic.

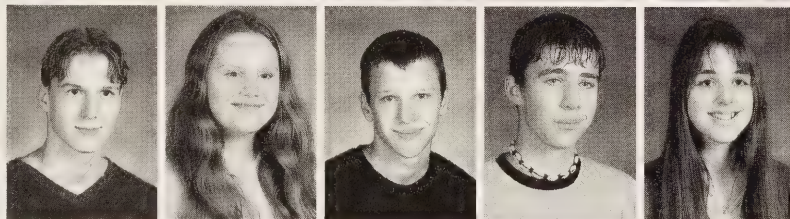


Do I really look like I'm having a good day?

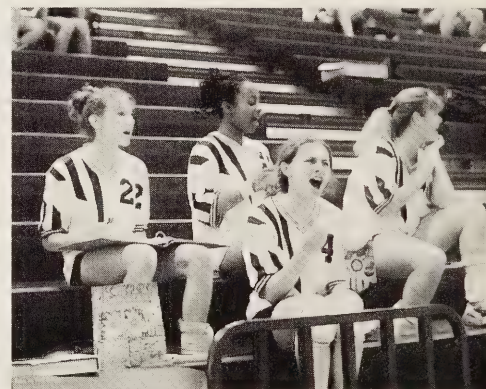
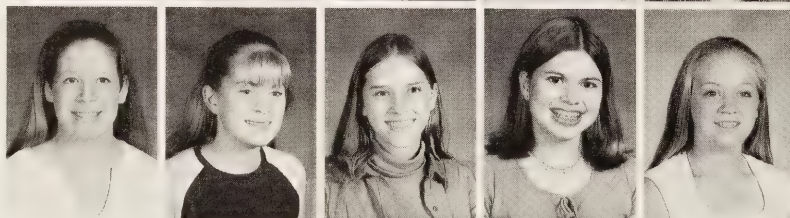
John Roman  
Charles Ross  
David Rowan  
Nicole Rowland  
Jenna Rudolph



Christopher Rule  
Stephanie Russ  
Justin Ryan  
Darryl Sakach  
Krystal Sams

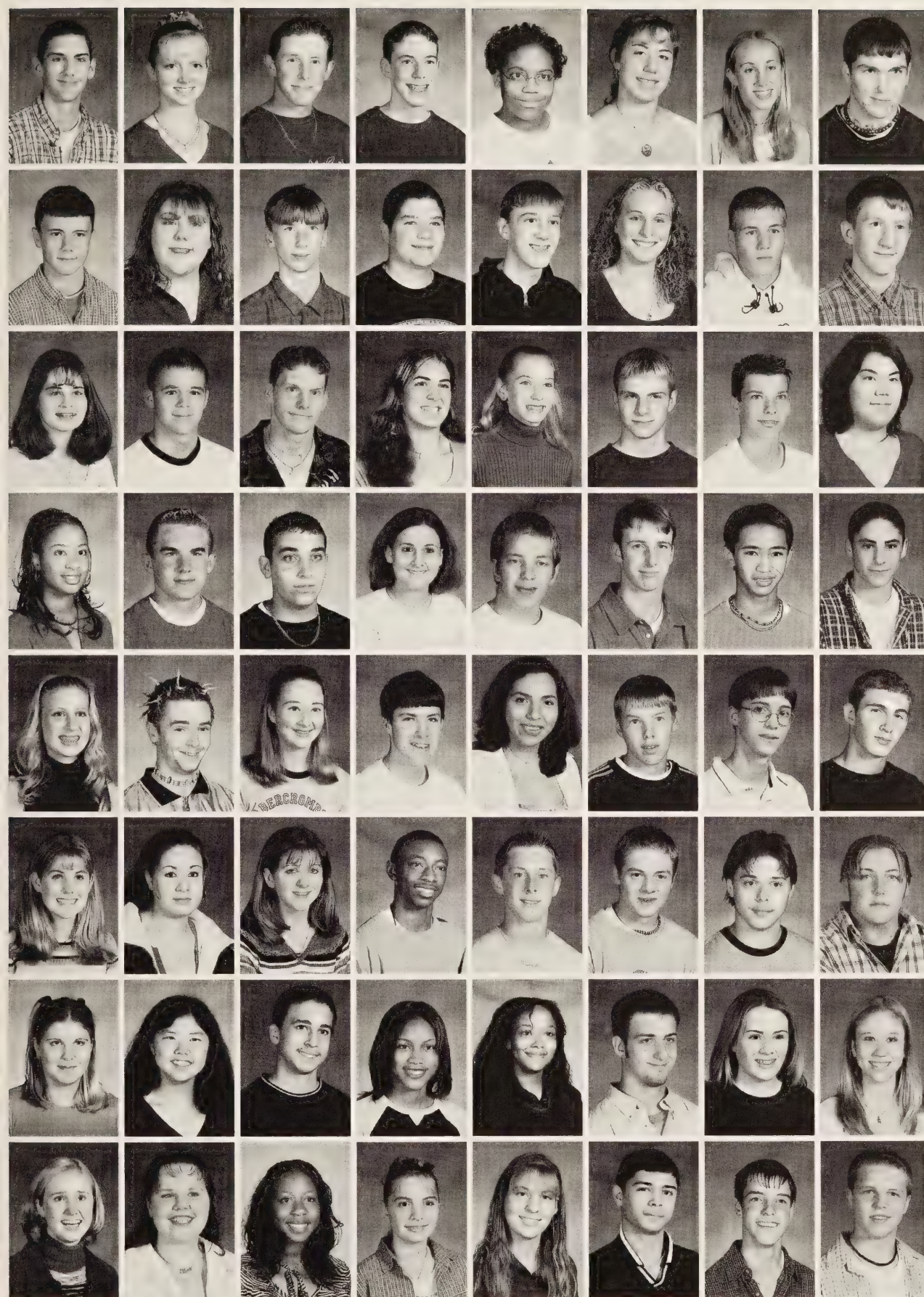


Shannon Santiago  
Megan Schmitt  
Kinsley Schroeder  
Stephanie Seger  
Miranda Shaffier



**Support Face.** After her JV volleyball game, sophomore Sarah Hall and her teammates cheer for the varsity players while munching on some french fries in the stands.





Kenneth Shifflett  
Sheila Shomo  
Christopher Shuford  
Alexander Smith  
Latisha Smith  
Nina Smith  
Constance Soloyna  
Jonathan Sowers

Justin Speelman  
Cristina Stanley  
Brandon Stevens  
David Stiefel  
Steven Stobbe  
Jennifer Stover  
Kenneth Stover  
Daniel Stribling

Sherri Sturgeon  
Jason Sullivan  
Blaze Summers  
Jennafer Swallow  
Karen Sybyl  
Carl Tarrance  
Brandon Taylor  
Tonja Teal

Adonna Thomas  
Justin Thompson  
Justin Thompson  
April Tingler  
Steven Todd  
Brian Trant  
Eric Trott  
Louis Udvari

Heather Unger  
Philip Valentine  
Cristie Varvaro  
Joshua Vasilas  
Ariadna Villarreal  
Michael Walker  
David Wallis  
Ryan Wallis

Amy Webb  
Megan Well  
Ashlee Wells  
Breon Wells  
Cory West  
Colin Whitmore  
Shane Whitney  
Daniel Whittaker

Crystal Wilcox  
Suzanne Wiley  
Fred Wilkins  
Evelyn Williams  
Felicia Williams  
Christopher Winberg  
Amy Wolf  
Amy Wood

Nicole Woznick  
Kerri Wysocki  
Cherelle Yates  
Cheyenne Yeagley  
Michelle Yeida  
Paul Yelito  
Kenneth Zahn  
John Zawora



# The truth behind high school Myths & Fears

by Michelle Fabie

"I always heard stories from my older siblings."  
Freshman Jessie Kmetz

Being shoved into lockers by upper-classmen. A swimming pool on the top floor. These were just a few of the high school myths that haunted freshmen as they walked through the doors.

Most of the new class realized they had nothing to fear. "I always heard stories from my older friends, but I found out they weren't true," said freshman Jessie Kmetz.

"I was afraid of getting lost because high school seemed so much bigger than middle school," said freshman Crystal Hughes.

Once the freshman became "true high schoolers," they realized the myths were just a part of being a rookie. And they were already telling stories to the eighth graders.

## Lions and Tigers and Bears, Oh My!

"The only stories I ever heard were about the seniors bullying around the freshmen."

~~~

Freshman Shadonna Morris

"I was scared the fine female factor would be low."

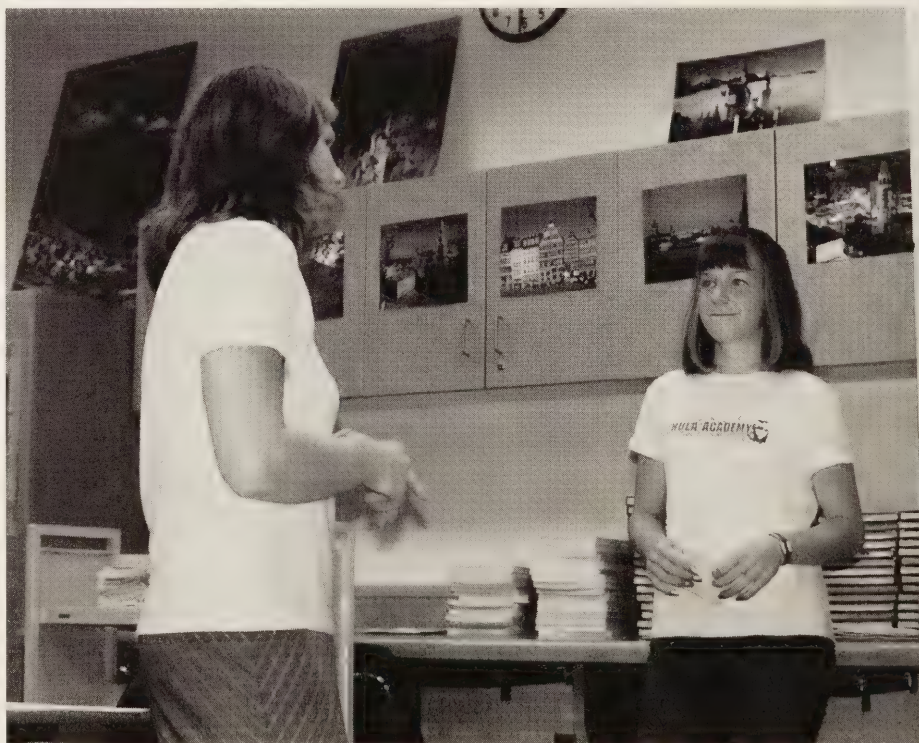
~~~

Freshman Andre Crews



**No Pool!** Testing a high school myth, freshman David Foster searches for the elevator button that would take him to the pool on the third floor.

**First Impression.** At Open House, freshman Allison MacKay gets her first introduction to high school from her homeroom teacher, Ms. Elissa Loudon. With a year of Spanish behind, taken in eighth grade, Allison had one less worry.







Brent Adams  
Stephanie Adkins  
Rachel Arndt  
Lindsey Arroyo  
Joshua Asbell  
Nicholas Ashooh  
Holly Ayers  
Allison Bailey

John Baker  
Courtney Baltzelle  
Brian Bardwell  
Damon Beasley  
Jeremy Beavers  
Michael Beland  
Sara Bergazzi  
Jabar Berryman

Brandon Blackburn  
Ryan Blake  
Corey Blue  
Jason Boarman  
Kristopher Bobbitt  
Terry Boner  
Laura Borella  
Brittany Bourgeois

Zachary Boutchyard  
Nicholas Bowden  
Ryan Bowie  
Daniele Boyd  
Jared Boyd  
Benjamin Bradford  
James Brent  
Kelly Broadhurst

Tommi Brochu  
Jessica Brookman  
Alexandra Brooks  
Jacob Brown  
Matthew Brown  
Ryan Brown  
Tashanda Brown  
Stacey Bryant

Danielle Buchanan  
Rachel Burdshal  
Taylor Burgess  
Robert Burke  
Garry Burner  
Andrew Burt  
Andrew Burton  
Christiana Burton

Amanda Butler  
William Califf  
Ashley Call  
Tyler Campbell  
Robert Cantrell  
Jessica Capra  
Derrick Carpenter  
John Cary

Daniel Casey  
Joshua Castillo  
Chad Cayer  
Megan Chambers  
Lolita Chapman  
Emily Chappell  
John Chichester  
Brittney Chidester

# Freshmen

Class of 2004



# The ups and downs of riding *The Big Cheese*

by Malika Khalsa  
and Amy Wood

"[It] seems a lot longer when none of your friends are riding with you."  
Freshman Laci Vamosi

Every morning, most of the freshmen class packed up their books and went outside to wait for the school bus. There were mixed feelings among the freshmen about riding the bus.

Freshman Tim Stark said, "I don't like riding the bus because I have to get up early,

and that's not fun."

"A twenty-minute bus ride seems a lot longer when none of your friends are riding with you," freshman Laci Vamosi said.

However, the bus was not such a bad experience for some. "I rely on the bus because I know I'll always get to school on time," said freshman Brad Wright. Whenever they couldn't find another source of transportation, the bus was always waiting.

## *Survey Says...* **Survey Says...**

Out of 170 students from the freshmen class...

113 ride the bus

18 ride with family

39 ride with a friend

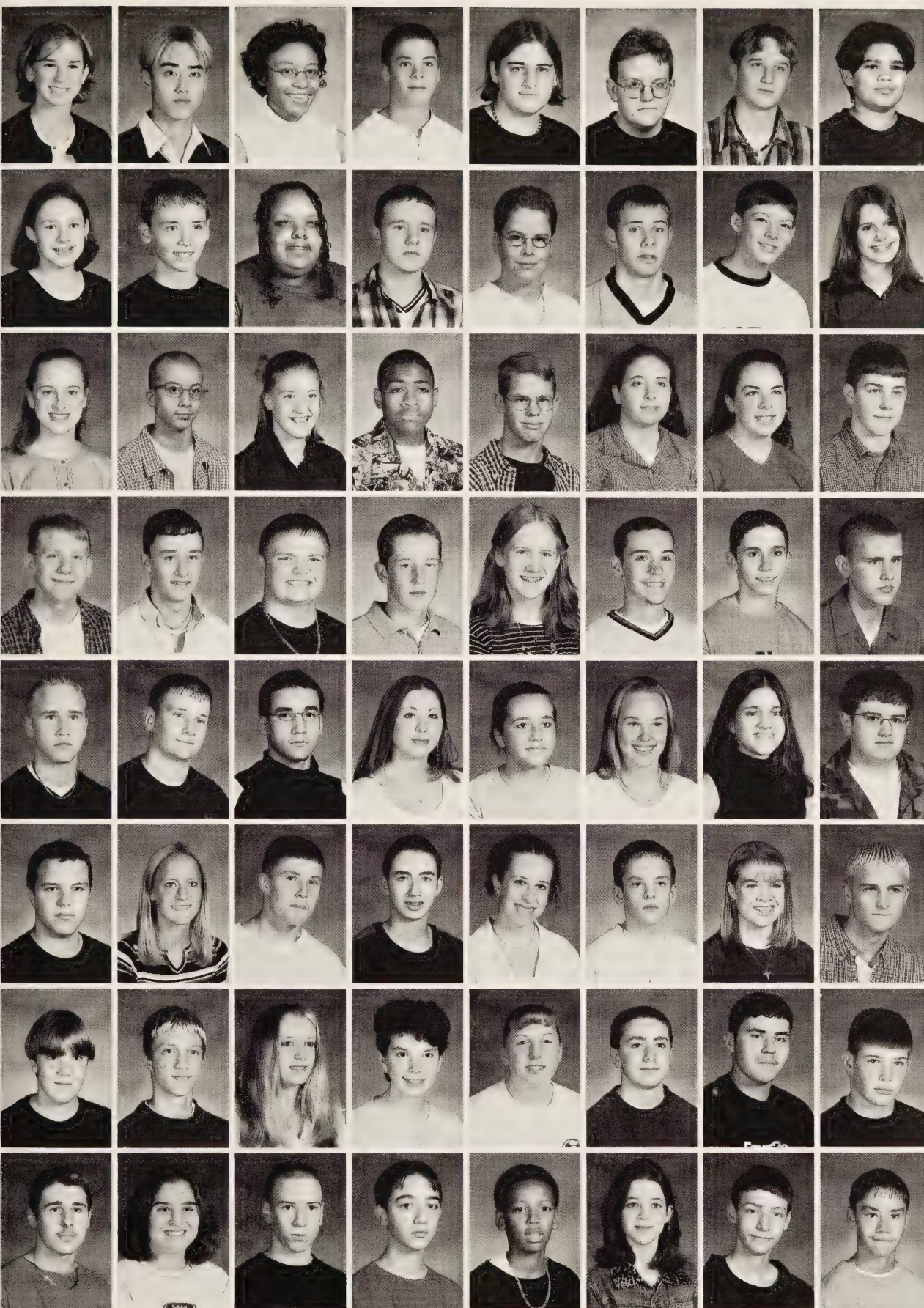


**All Aboard.** Freshman Courtney O'Connell boards the transportation that takes her home after school every day. Courtney relied on the school bus because she had no other ride to school.

**Beating Bus Boredom.** Making the time go by faster, freshman Hillary Pettitt socializes with her freshmen friends in the back of the bus. Having people to talk to made the bumpy ride a bit more endurable.







Nicole Childress  
Daniel Chung  
Charde' Cobbs  
Wayne Collier  
Corey Compton  
Jonathan Conley  
Ryan Cooper  
Anthony Cordaro

Shannon Cornett  
Shaun Cote  
Lakeeta Cotton  
Elvis Cousins  
Jason Cowles  
Cameron Cox  
Jason Cox  
Kyra Cox

Stephanie Coyle  
John Crain  
Lisa Crain  
Andre Crews  
Trevor Crews  
Jessica Critz  
Laura Cunningham  
Brandon Curtis

Steven Curtis  
Mario Dallabetta  
Donovan Darland  
Michael Daugherty  
Emily Dause  
Jimmy Davis  
John Dennis  
Franklin Derby

Richard Desselle  
Steven Detwiler  
George Diaz  
Cynthia Dodd  
Melissa Downham  
Danielle Downing  
Theresa Doyle  
Jason Drake

Kyle Dubac  
Emily Dudenhefer  
Charles Dunaway  
John Dussault  
Brittany Edwards  
Patrick Ellenwood  
Brittnee Elliott  
Matthew Elliott

Donald Evans  
Ryan Evans  
Jennifer Everett  
Stacy Everett  
Melanie Feagan  
Benjamin Feindt  
Antonio Fernandes  
John Ferrick

Richard Fincham  
Jennifer Fletcher  
Andrew Foglesong  
David Foster  
Erik Foster  
Margaret Foster  
Jason Franklin  
Justin Friedman



# Mingling with the

## Upperclassmen

by Stephanie  
Harmon

"... I go to them for  
homework  
problems."

Freshman Jessica  
Brookman

The freshmen faced many challenges as they walked through the doors of high school. Perhaps one of the most important issues was their relationship with the upperclassmen.

While few felt intimidated by upperclassmen, some did feel a bit ostracized.

Freshman Allen

Whitlow said, "The juniors and seniors at the lunch table behind us gave all the guys girl nicknames."

Other ninth graders were relieved having upperclassmen help with high school adjustments. "They have been helpful to talk to and I go to them for homework problems," said Jessica Brookman.

Overall, the upperclassmen seemed to make the challenges of high school a little easier for the new class.

## Talking it Up

"I talk to my upperclassmen friends about who's going to give me a ride home from school."

~~~

Freshman Judson Heflin

"My conversations with the juniors and seniors usually have to do with girls."

~~~

Freshman Wayne Collier



**One Language.** During Mrs. Sue McCloud's French II class, junior Brian Neister, freshman Anthony Merendino, senior Tommy George and freshman Caitlin Mooney get a chance to know each other. Foreign language classes offered an opportunity to socialize with the upperclassmen.

**Young and Old.** With some extra time in fourth period, junior Dong-Keun Oh chats with freshman Kate Millbaugh.







Kaitlin Gallagher  
Joseph Garafalo  
Tanya Gendron  
Amanda Gheen  
Kaveh Ghorbani  
Mary Giroux  
Travis Glass  
Joshua Gleason

Matthew Gorton  
Daryl Gousby  
Nichelle Grabowski  
Casey Graham  
Evan Graham  
Gerald Graham  
Justin Graham  
Stephanie Graham

Ryan Gran  
Amanda Gray  
Steven Greenawalt  
Heather Grigsby  
Stephen Griswold  
Daniel Guinn  
Christa Haight  
Bryan Hall

Cheyenne Hall  
Samantha Halstead  
Joshua Hankins  
Vanessa Hara  
Sarah Harbach  
C. Tyler Haren  
Julia Harris  
Chad Harrison

Trenton Hawkey  
Zachary Hayden  
Amanda Hess  
Christine Hevel  
David Hibbert  
Megan Hickey  
Kathleen Higginbotham  
Tyrone Hill

Tabitha Hilliard  
Joshua Hilsinger  
Christophe Hodges  
Kaitlyn Hoehn  
Jonatha Hoffman  
Stefanie Holder  
Cody Holland  
Whitney Holmes

Justin Holovka  
Patrick Hook  
Ryan Hord  
Sarah Howard  
Joel Huff  
Ashley Hughes  
Crystal Hughes  
Ashton Humphreys

Dorothea Hunt  
Kevin Hunter  
Stacy Huntzinger  
Krista Hutchison  
Jessica Illes  
David Jackson  
Tramia Jackson  
Adam Jankowski



# Planning their high school Wish List

by Michelle Fabie

The last four years of being a kid. The first four years before becoming an adult.

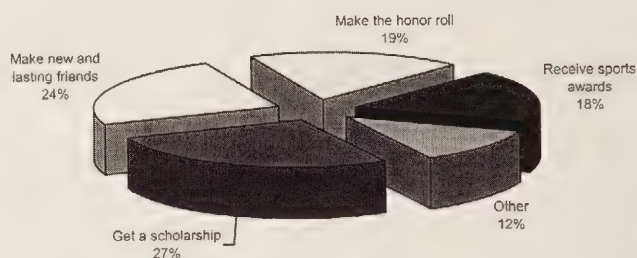
Upcoming freshmen watched their upperclassmen siblings and friends take leadership positions, receive scholarships, go to dances, accept sports

"I was finally able to do things that weren't available to me in middle school."  
Freshman Nicole Childress

awards and finally, don caps and gowns. Now came their turn to plan their high school years. "I was finally able to do things that weren't available to me in middle school," said freshman Nicole Childress.

Numerous freshmen came to high school with objectives they wished to accomplish by the time they graduated. Freshman Vanessa Pastore said, "When I graduate I want to be able to look back on all my achievements."

## What were your goals coming into high school?



**Aim for Academics.** Freshman Katrina Sweaney meets Mr. John Hoehne at the August Open House. One of her goals was to keep up a high academic standard while participating in extra-curricular activities.

**Making the Showcase.** Admiring the sports pictures in the cafeteria, freshman Jennifer Fletcher thinks about her goal of making a varsity team. Jennifer made the JV softball team her first year in high school.







Michelle Jett  
Rachel Joffrion  
William Johnson  
Kainoa Kala  
Rachel Keel  
Rebecca Kern  
Edward Kerns  
Kevin Kerr

Kaitlynd Killion  
Lauren King  
Jacquelyn Kirby  
Jessica Kmetz  
Christopher Knutti  
Ashley Kurpiel  
Cherrelle Lambert  
Collin Laster

Jesse Latendresse  
Bradley Lavoie  
Brandon Lawn  
Collin Lawson  
Brian Leohner  
Edward Leonard  
Shanell Lewis  
Alex Lichtenfels

Jessica Light  
Shaun Lilley  
Brianna Lockett  
Kendra Lof  
Richard Lucas  
Jessica Luebke  
Natalie Lupinski  
Benjamin Lynch

Bryan Lynch  
Allison MacKay  
Anthony Maina  
Michael Marks  
Lukas Marshall  
Mallory Martin  
Camesa McConnell  
Marcus McCullough

Nicky McDaniel  
Paula McLeese  
James McNelis  
Richard Meadows  
Claudia Medina  
Paul Melnyk  
Molly Mercer  
John Merendino

Emily Mertz  
Daniel Messersmith  
Leslie Messersmith  
Jacob Metcalfe  
Kate Millbaugh  
Timothy Missigman  
Jason Mitchell  
Amanda Moody

Caitlin Mooney  
Joshua Mooney  
Shadonna Morris  
Heather Morrow  
Stefan Moyer  
Josselyn Myhand  
Jameson Neisler  
Mary Catherine Neuhard



## Making time for

## The Little Ones

by Stephanie  
Barill

Brotherly and sisterly love. While that wasn't always the case, most of the freshmen agreed that spending time with their siblings was not a burden.

"I always find time to play kickball with them..."

Freshman Megan Messersmith

"Even though my little brothers and sisters are annoying, I always find time to play kickball with them on the weekends,"

said freshman Megan Messersmith.

While this quality time was not a top priority on everyone's list, freshman Julie Wiser said, "Even though my little sister and I disagree on many things, I always find time to shop and chat with her, no matter what."

The sibling relationships differed, but most of the freshmen came to the conclusion that sharing time with siblings was more than a requirement.

## Quality Time ...

"My younger brothers and sisters get on my nerves once in awhile but I love spending time with them."

~~~

Freshman Claudia Medina

"Just about every day I find time to ride bikes with my siblings after school."

~~~

Freshman Danny Casey



**One On One.** After school, freshman George Diaz challenges his little brother to a game of basketball in their neighborhood. "I'm not afraid to be seen with my younger brothers and sisters," George said.

**Lean On Me.** In preparation for track practice, senior Malise Tepera and her sister, freshman Catherine Tepera, use each other to balance while stretching. Running on the same team increased their similarities and time together.







William Neundorfer  
Christopher Nichols  
Stephen Nihart  
Courtney O'Connell  
Shenita Oglesby  
Lauren Oien  
Napoleon Oliva  
Jason Oliver

Ashlea Parker  
Jessalyn Parker  
Vanessa Pastore  
John Patterson  
Catherine Payne  
Matthew Penman  
Hillary Pettitt  
Melissa Pettyjohn

Daniel Phillips  
Mallory Philman  
Charles Polley  
Jonathan Poole  
Christina Porter  
Kerri Powell  
Kimberly Powell  
Ryan Pritt

Shannon Prom  
Maria Ptakowski  
David Rader  
Jennifer Raines  
Nicholas Rall  
Angel Randall  
Justin Randall  
Ashleigh Raubenolt

Joshua Raubenolt  
Andrew Reece  
Loniece Reed  
Amanda Reynolds  
Jessica Reynolds  
Kenneth Rivers  
Megan Roberts  
Douglas Robinson

Kathryn Robinson  
Erin Rodgers  
Erin Rogalla  
Laura Rohrenbach  
Luis Rosado  
Edward Rubbo  
Nicholas Ruggiero  
David Russ

Emily Russell  
Jessie Sakach  
Trevor Sakry  
Tara Salem  
Mark Salinas  
Kristofer Sandbakken  
Jennifer Sandler  
Nicholas Sandoval

Ronald Sanford  
Nicholas Scalercio  
Ashley Schneider  
Margaret Schroeder  
Amanda Scruggs  
Joshua Seelinger  
Leanne Seitzinger  
Kacie Shantz



# Putting to practice their Interior Decorating

by Courtney  
Paskanik

A cubby prone to creativity, lockers held more than just books.

Pictures seemed to be the number one space filler. "I had pictures of some

"I had pictures of some of my friends that go to different schools."

Freshman Lindsey Arroyo

of my friends

that go to different schools," said

freshman

Lindsey Arroyo.

"It helps me to

remember the

fun times that

we had since they couldn't be there with me."

Lockers were often covered with poetry magnets, posters, and calendars to hide the dull blue or green walls. In fact, one could tell not only students' friends, but also their favorite celebrities and sometimes even their obsessions from these self-storage spaces.

While lockers fulfilled a more practical use, freshman added individuality to their convenience.

## What do you decorate your locker with?

"My locker is decorated with writing from dry erase markers that my friends write."

~~~

Freshman Emily Dudenheffer

Does your locker help you get to class earlier?

"No, there are too many people, it gets so crowded; it takes me forever!"

~~~

Freshman Ashleigh Snyder

Jessica Sharpe  
James Shifflett  
Mary Shuford  
Joshua Sieben  
Phoebe Singleton



James Smith  
Katlyn Smith  
Shamekia Smith  
William Smith  
Rachel Snively

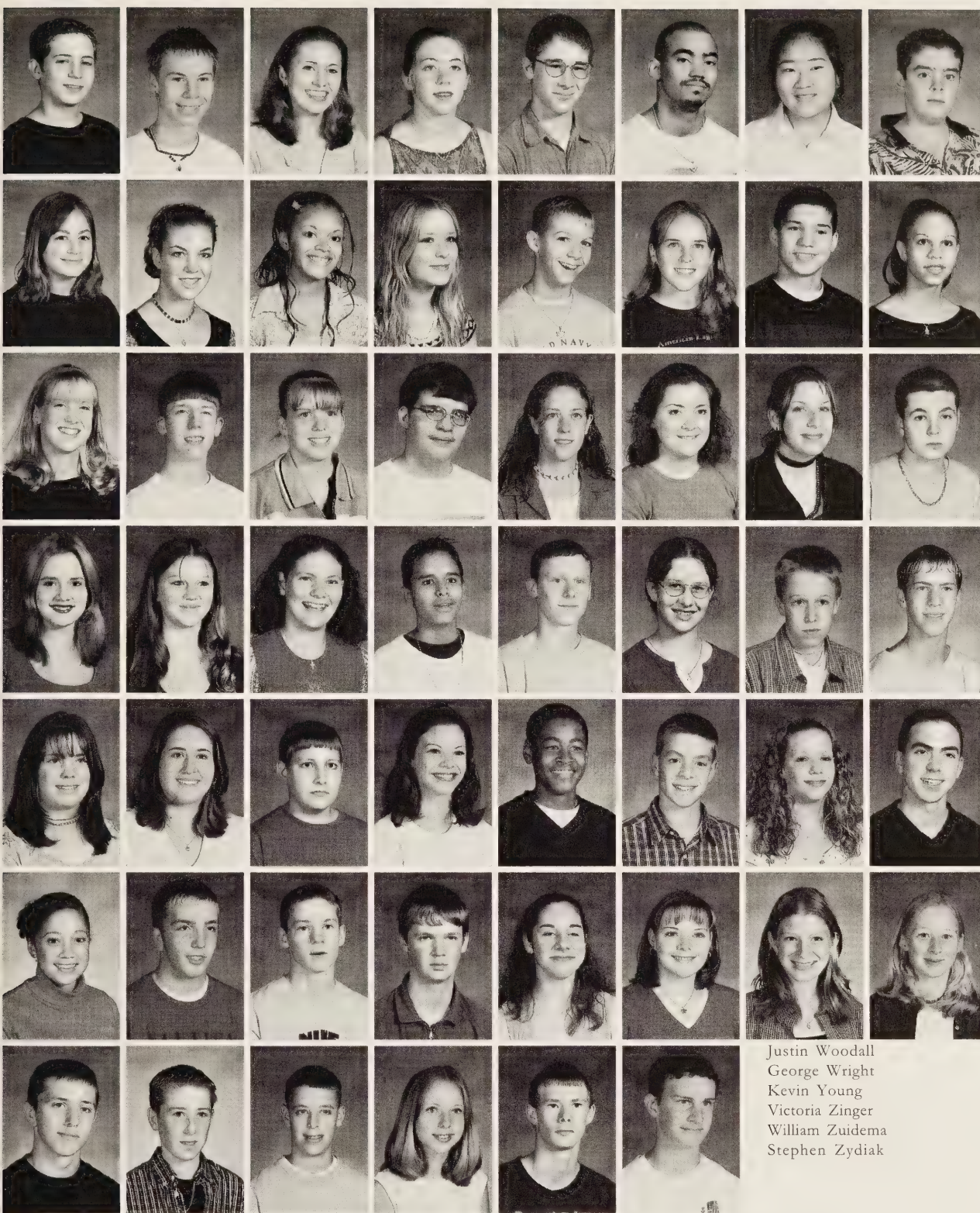


Michelle Soderberg  
Matthew Sosa  
Kyle Speight  
Charles Spells  
Elliott Sperlazza



**Keeping It Clear.** Freshman Chris Nickels adds a few more assignments to the stash of papers on the top shelf of his locker. Sticking to a more practical use, Chris didn't use his locker space to display photos or other knick-knacks.





Timothy Stark  
 Ronald Steadman  
 Amie Steele  
 Melissa Stockenberg  
 William Stolberg  
 John Strother  
 Kah Nahm Suh  
 Dustin Swanner

Katrina Sweaney  
 Katherine Szymendera  
 Latrisha Taylor  
 Misty Taylor  
 Thomas Taylor  
 Catherine Tepera  
 Stephen Theriault  
 Danielle Thomas

Rhiannon Thomasson  
 David Thorson  
 Carrie Toombs  
 Damien Toombs  
 Ashley Traylor  
 Tara Tregar  
 Heather Trump  
 Albert Undercoffer

Samantha Urbaniak  
 Laci Vamosi  
 Amanda Ventro  
 Luis Villarreal  
 Dane Vind  
 Pauline Wade  
 Kyle Walden  
 Andrew Waldowski

Jessica Walker  
 Adrienne Ward  
 Jason Ware  
 Haley Webb  
 Korey Whiting  
 Allen Whitlow  
 Krystle Wickline  
 Adam Wiederman

Cristina Wiggins  
 Jackie Williams  
 Justin Williams  
 Phillip Williams  
 Ashley Winiesdorffer  
 Julie Wiser  
 Nicole Wisniewski  
 Kerri Wood

Justin Woodall  
 George Wright  
 Kevin Young  
 Victoria Zinger  
 William Zuidema  
 Stephen Zydiak



## Teachers and Students develop

by Jessica Lam

"It is especially rewarding when students feel that they can seek advice about difficult situations," said Coach Karl Buckwalter.

"... it helps you build the trust factor that is necessary in any relationship."

Coach Karl Buckwalter

Most teachers felt their relationships with students were important, but Coach Buckwalter had numerous close relationships. "Most of the activities we do are sports related and used to build team camaraderie," said Coach Buckwalter.

When asked about the importance of interaction outside of school, Coach Buckwalter replied, "It's nice to see students in a different environment other than the school, and it helps you build the trust factor that is necessary in any relationship." The best part of student-teacher relationships was "the feeling that I made a difference in their lives."

## Student Perspective...

"I think Coach Buck is a great guy. He is like a second father to me. If you give him respect, he will show you respect back. We are both the same, we are very competitive and we hate losing. And, no matter how much he denies it, I am better looking."

~~~

Junior Chuck Brown



Rock Buddies. While inspecting Spot, a rock that represents two stages of cooling, Mr. Jim McCloud talks to freshmen John Poole and Adam Wiederman. Found by Mr. McCloud out west, Spot was a student favorite, too, and formed a solid bond between student and teacher.

Close Stretch. Before track practice, Ms. Tori Helmer helps junior Crystal Black stretch her legs. Ms. Helmer grew close to her students, especially her athletes.





Margaret Akers
Debi Angilletta
Stephanie Athanasaw
Jeannie Benson
Tina Boster
C. A. Burton
Sylvia Bustillos
Craig Carlson

Lenny Cascio
Chris Cayer
Theresa Charles
Monica Clapp
Debra Clark
Gail Clark
Latoya Clark
Brian Collier

Kim Crawford
Michelle Darley
Mark Doherty
Brian Driver
Bruce Drucker
Christine Dunn
Cassie Dye
Bonnie Elliott

Ann Ellis
Greg Feducia
Diion Fox-Murch
Terry Godwin
Gary Gottschalk
Marybeth Harrison
David Hinds
Cheryl Hinzman

John Hoehne
Wendy Hughes
Deborah Ingram
Harry Johnston
Dawn Kracker
Betty Krapfl
Frank Latino
Patty Lawrence

Paul Lerner
Elissa Loudon
Janet Lynard
Sarah Mallard
Nick Mammarella
Terry Marlowe
Dr. Lisa Martin
Sue McCloud

Anne McGee
Amy McQuillian
Lisa Meadows
Catherine Medina
Bob Meka
Keith Mesa
Daniel Murch
Cathy Ortiz

Mary Owens
Beth Palma
Kim Perkins
Barbara Perry
Kim Phillips
John Picariello
Megan Pratt
Joe Pyanoc

Faculty

and Staff

The administrative lives lived

by Stephanie Harmon

"It's always important to have a backup plan."

Mr. Nick Mammerella

For students, it was hard to think of administrators having a life outside of their office. However, all of the administrative staff took advantage of their spare time by participating in a wide variety of activities.

Mr. C.A. Burton said that he spent almost all of his free time watching sports, hunting, fishing, boating, golfing and visiting his favorite beach on Emerald Island, North Carolina.

Mr. Nick Mamerella claimed the title of daredevil. He enjoyed riding his sport bike, a CBR600F3, and flight instructing. "It's always important to have a backup plan," said Mr. Mamarella of his numerous hobbies. While much of their time was spent in the hallways, the administrators' lives were more than school-oriented.

Life in the Fastlane

Mr. Harry Johnston's scariest experience was during the Speed, Time, and Distance Rally. While racing his Triumph TR6, Mr. Johnston accidentally hit the sidewalk and spun the car five times, landing in a field.



Younger Years. Mr. Lenny Cascio beams with the feeling of a good catch after a fishing trip in New England. Fishing has been a life long love for Mr. Cascio.

Dare to Discover. "It gives you a chance to see what the good Lord has made and what man hasn't had a chance to mess up yet," said Mr. Mike Wondree of kayaking on the Chatanooga River.





Lisa Renard
 Mike Rosenbaum
 Jean Ross
 Lindsay Savelle
 Larry Saylor
 Gordon Self
 Anita Shaw
 Don Siegmund

Matthew Skjoldal
 Ed Smith
 Rhonda Smith
 Bonnie Snyder
 Sherry Somerville
 Joanne Stamey
 Jennifer Stocks
 Shawn Szakelyhidi

Leslie Tignor
 Phil Tilson
 Cindy Trant
 BJ Tucker
 Amanda Vernon
 Joanne Villers
 Hope Wagoner
 Deidre Walker

Fargo Wells
 Pam Whitt
 Doug Wiecezorek
 Kathy Wiecezorek
 Katrina Willis
 Kathi Wiser
 Charlene Wood
 Ken Yealy

Bryan Zardezed

Eating, breathing, and living a sport for three months straight, we discovered from our coaches, our teammates, and ourselves that it wasn't all about winning or losing. We found that dedication and determination drove us to run until our lungs burst and push ourselves until we collapsed on the sideline.

Aggressively, we tackled every

more than... *muscle*

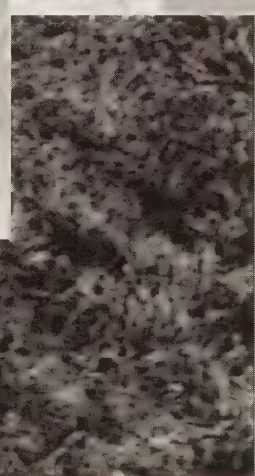
challenge we faced. Performing under pressure, we treasured victory and accepted defeat. We fought our opponents to the bitter end, shaking their hands when the clock had stopped and the match was over.

We walked away with more than medals, trophies, and titles. We emerged with deepened friendships and accomplishment.

by Kelly Burcham

Hard-to-Reach Places. At the JV field hockey team against Stafford, sophomore Jessica Horn struggles to steal the ball from Stafford player Amee Scott. The team fell to Stafford, 2-3, and ended the season with a 6-7-1 record.





Soccer

Opponent	We	They
James Wood	3	3
Fauquier	2	7
Culpeper	1	2
Sherando	1	5
Stafford	1	2
Courtland	0	3
Fauquier	2	4
North Stafford	0	6
Stafford	0	2
Brooke Point	1	2
Culpeper	0	2
North Stafford	1	3
District Tournament:		
North Stafford	0	5
Season Record	0-12-1	



Chasing Her Down. Facing off against county rival North Stafford, sophomore Sharisa Korth attempts to beat her opponent to the ball during the last game of the season. The girls fell to the Wolverines, losing 1 to 3.

Got To Get It. Chasing after a North Stafford forward, freshman Lindsay Donnell tries to anticipate her opponent's next move. Donnell said that the key elements to being a successful soccer player were "being able to work well with your teammates, anticipating what's going to happen in the game, and being in shape."



Photo by Morgan Grandall

Photo by Morgan Grandall



Photo by Megan Carroll

R-E-S-P-E-C-T

By Ashley Reeves & Joanne Gold

Varsity girls rely on intimidation

"It was the worst watching North [Stafford] play without me, but it also felt good having them a little intimidated by the amount of skill and dedication we had," said sophomore Kjersti Trout.

Trout's feelings were echoed by her teammates on the girls' varsity soccer team. Most of the girls had played for an opposing team and found that it was hard to move on. Having the ability to intimidate their opponents helped ease the transition.

Although the ladies did not

achieve the record they hoped for, they did accomplish their goal: A sense of respect from their rival teams.

"Other teams think they can walk all over us, and it's been tough proving ourselves," freshman Jennifer Gold said.

Junior Jennifer Bloomer agreed. "I wanted other schools to look at us and be afraid of the next couple of years." Even after the team's tough season, Bloomer added, "My wish came true."



Varsity Girls' Soccer: Front Row- Sharisa Korth, Lindsey Cook, Mimi Couns, Ashley Reeves, Raelynn Johnson, Lindsay Donnell, Erin Ridout; Second Row- Coach Sarah Mallard, Brianne McTighe, Katherine Harris, Jennifer Bloomer, Annie Martz, Catherine Meadows, Kjersti Trout, Jen Gold, Coach Lauren Henn

Mixed Up. Twisted up with her opponent, junior Katherine Harris fights for possession of the ball. Her teammate, freshman Lindsey Campbell, looked for an opening. The team depended on teamwork throughout the season. "Unity within a team builds character and team character helps you come together and motivates you to win," said Harris.

Ready For Victory

By Brooke Abernathy and Kelly Burcham

How the team prepared for a win

What do sombreros and Salt-n-Pepa have to do with soccer?

Four players, juniors Mitch Nason, Jeffrey Young, Tony Levine, and freshman Ben Nason, went to the Food Lion to buy snacks for the bus ride to their game at Brooke Point. The four wore sombreros and berets and carried umbrellas as canes.

"We ran into Coach Skodjal while we were there," said Young. "It was funny."

The team went on to the

game to beat the previously undefeated Blackhawks. Assisted by center midfielder Ben Nason, forward Mitch Nason scored late in the second half, winning the game 1-0.

The team left the game in high spirits and, led by captain Mitch Nason, crooned songs by Salt-n-Pepa and Billy Joel on the bus ride home.

"I had a lot of fun being on the team. We had fun on and off the field together," Ben Nason said.



Varsity Boys' Soccer: Front Row- Ashkon Bihanta, Makius Carabai, John Roman, James Meyers, Paul Maldonado, Ameer Milling, Ben Nason, Brian Britton; Back Row- Coach Matthew Skjodl, J.J. Buchness, Jeffrey Young, Tony Mammarella, Earl Rudd, Tony Levine, Mitch Nason, Todd Winstanley, Manager Emily Mathusa, and Coach Gary Gottschalk.

Just Doing the Drill. During tryouts, junior Brian Britton and sophomore Josh Smith participate in a routine dribbling drill. Britton, a midfielder, made the varsity team and helped motivate other players during games.

Photo by Yearbook Staff





Varsity Soccer

Opponent	We	They
James Wood	1	2
Fauquier	0	5
Culpeper	1	4
Stonewall	2	3
Sherando	1	4
Stafford	0	0
Fauquier	1	4
North Stafford	1	4
Stafford	2	7
Brooke Point	1	0
Courtland	2	3 OT
Brooke Point	0	3
Culpeper	0	7
North Stafford	1	4
North Stafford	1	8

Season Record 1-13-1

Pass Off. Looking down the field, junior Tony Levine searches for an open man to pass to. Good passing entailed precision and proper ball placement.

Photo by Yearbook Staff



Photo by Yearbook Staff



Photo by Yearbook Staff

Usin' the Noggin. In a game against Stafford, junior Mitch Nason heads the ball. The team was able to guard their goal and hold off the Indians to end the game in a 0-0 tie.

The Chase is On. Junior Todd Winstanley sprints down the field in an attempt to steal the ball from a Brooke Point defender. "Playing against my old teammates was exciting yet tense," said Winstanley.

In the Air. In order to prevent his opponents from taking the offensive, freshman Drew Currin prepares to trap the ball. Trapping involved the ball hitting the player's body and then dropping to the ground.

Photo by Yearbook Staff

Swoosh. After his opponent misses a kick, freshman Sean McGinness sweeps around to capture the ball. After gaining possession of the ball, midfielder McGinness passed the ball up the field to the forwards.



Photo by Yearbook Staff



JV Boys' Soccer

Opponent	We	They
Sherando	2	1
Stafford	0	1
Fauquier	0	6
Brooke Point	0	11
North Stafford	0	3
Stafford	0	3
Brooke Point	0	5
Culpeper	3	1
North Stafford	1	4

Season Record 2-7



JV Boys' Soccer: Front row- Josh Smith, Kenneth Zahn, Valerien Fedorca, Jason Brown, Sean McGinness, Philip Banks; Second row- Matt Neundorfer, Tim Pote, Anthony Kane, Dong Keun Oh, Jason Sullivan, Drew Currin; Third row- Bianca Levine (manager), Chris Cornett, Tom Bloomer, Mike Porter, Blake Wood, Jason Mudd, Chris Shuford, Coach Brady Liechty, Jessica Light (manager)

Stealing and Striking

By Brittany Trant & Randy Moore

JV soccer gains control of the ball



Photo by Kelly Burcham



Photo by Kelly Burcham

Sneak Attack. Chasing behind sophomore Caroline Emerson, a Brooke Point player, sophomore Ayanna Khalsa tries to weave her feet between Emerson's in an attempt to steal the ball. The girls' soccer team ended its season with a record of 3-11.

Lone Kicker. Racing toward the goal, freshman Heather Downing faces three Brooke Point opponents. Downing searched for an open teammate, hoping to be able to pass the ball because she was outnumbered.



JV Girls' Soccer

Opponent	We	They
James Wood	4	0
Fauquier	0	3
Culpeper	2	1
Sherando	0	1
Stafford	0	3
Courtland	1	0
Brooke Point	0	2
Fauquier	0	3
North Stafford	0	3
Stonewall	0	6
Stafford	0	5
Brooke Point	1	4
Culpeper	0	3
North Stafford	1	1

Season Record: 3-11



JV Girls' Soccer: Front row- Jessie Purshock, Amber Bright, Lacey Hicks, Lindsay Campbell, Andrea Borella, Kellisha Irizarry; Second row- Stephanie Russ, Ayanna Khalsa, Megan Schmitt, Heather Unger, Heather Downing, Lindsay Elie; Third row- Lisa Downing, CeCe Hardesty, Melissa Taylor, Amy Webb, Heather Lange

Softball

Opponent	We	They
Osborn	0	16
Spotsylvania	4	5
James Wood	7	1
Fauquier	3	10
Osborn	0	11
Culpeper	2	11
Spotsylvania	1	5
Courtland	9	8
Sherando	6	7
Stafford	2	9
Courtland	11	10
North Stafford	2	7
Brooke Point	1	10
Stafford	8	7
Fauquier	0	2
Brooke Point	3	2
Culpeper	0	11
North Stafford	0	7
Fauquier	0	5

Season Record: 5-14

Second Time Around. During an away game at Brooke Point, sophomore Courtney Paskanik puts full force behind her swing. Having previously lost to the Blackhawks 1-10, the girls beat them during their second game 3-2.



Photo by Kelly Bureham

Hustle. Attempting to "out" a James Wood player, sophomore Tiffany Bruno sprints toward first base after a ground ball. The girls dominated the game, winning 7-1.

Here it Comes. Pitching a ball to a Brooke Point batter, sophomore Nicole Brian winds up as her teammate anticipates the hit.

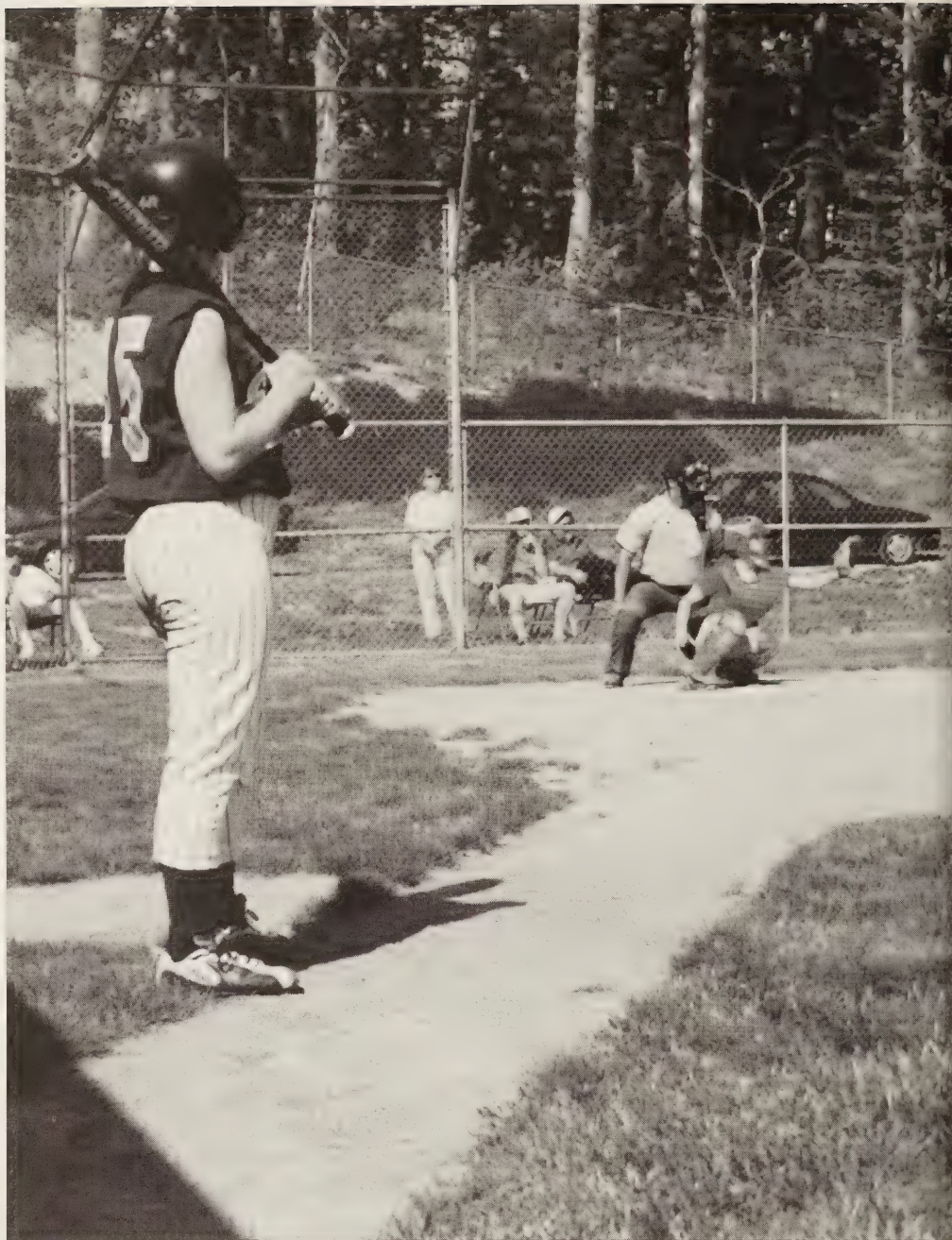


Photo by Kelly Bureham



Photo by Kelly Burcham



Photo by Kelly Burcham

Coming Together

By Michelle Fabie

Lady Eagles bond for a great season

"Our team has great potential. We've come a long way skill-wise and mentally," recalled junior Beth Williams.

As the season progressed, individual skills as well as team talent increased with every game.

The season began with a rocky start, with the girls capturing just two wins. However, soon the Lady Eagles were beating top county rivals, including Brooke Point and Stafford.

Playing Brooke Point for the second time, the girls

were anxious to show their opponent how their skills developed. They did just that, defeating the Blackhawks 3-2.

"As we came together as a team, not only did we start winning games, but we started unifying as teammates and friends," said freshman Jessica Boutchyard.

"We have great team unity which is what our coach pushes the most. It makes playing a lot more fun and easygoing," said sophomore Tiffany Bruno.



Varsity Softball: Front row- Nichole Jones, Beth Williams, Tiffany Bruno, Jen Sweeney, Miranda Shaffier, Dawn Oesterle, Rachel Downham, Michelle Landrum (manager); Second row- Coach Michelle Darley, Jessica House, Michelle Fabie, Courtney Paskanik, Jessica Boutchyard, Nicole Brien, Amber Romero, Coach Darren Baker

Ground Ball. Down and ready, sophomore Michelle Fabie focuses on the batter, trying to anticipate a ground ball coming her way. Softball players practiced staying low to the ground and keeping their eye on the ball in order to catch ground balls.

A Unified Start

By Michelle Fabie

Building foundations for success

Three different high schools. Two new coaches. One team. Although it was the first year together for these young athletes, the baseball team stepped up to the plate and pulled through. In fact, they did more than pull through. The baseball team went on to districts, after winning five of their fifteen regular season games.

Their success was due to the determination of the players. "The team was made up of cooperative individuals. [We] created a foundation for

unity and teamwork," said junior Chester Rubbo. Coach Shawn Szakelyhidi practiced the team together from the beginning of the school year. By the time the season rolled around, the players knew their strengths and weaknesses.

Many of the players stuck together through summer Legion games and fall ball season. "Playing together all year round kept us close and helped us to sharpen our skills," sophomore Joey Harpine said.

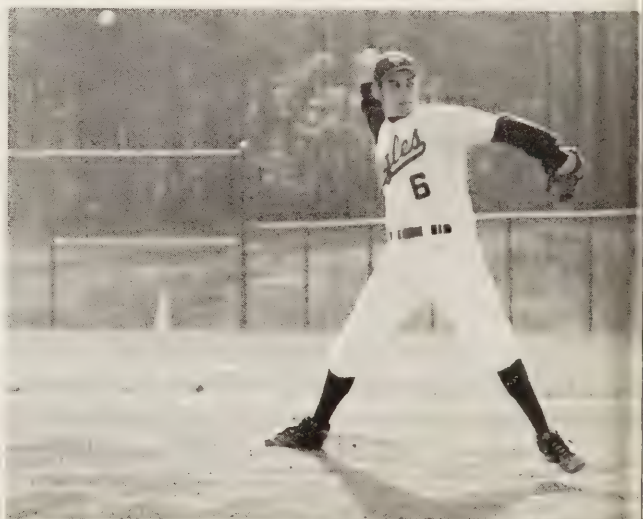
Year-round practicing brought the team success.



Varsity Baseball: Front Row- Chester Rubbo, Larry Bruno; Second row- Gabe Hippeard, J.J. Hackman, Rich Beland, Mike McHale, Joey Harpine, Ross Watson, Brandon Eubank; Third row- Chris Martin (manager), George Prince, Jason Pettyjohn, Chuck Brown, Ricky Beach, Derek Wiser, Brad Truxell, Coach Jack Ferrick, Coach Shawn Szakelyhidi

Pitching In. Junior Gabe Hippeard sends a warm-up pitch to catcher Chuck Brown. Hippeard, an All-District selection and the team's MVP and Eagle Award winner, proved his ability by leading the team to each of their five victories. His success was featured in several newspaper articles throughout the season.

Photo by Yearbook Staff





Varsity Baseball

Opponent	We	They
Osborne	0	10
Osborne	4	10
Spotsylvania	7	8
Courtland	2	9
James Wood	7	3
Fauquier	0	2
Courtland	4	9
Culpeper	6	24
Spotsylvania	7	6
Sherando	3	4
Stafford	9	7
Fauquier	3	13
North Stafford	4	16
Brooke Point	3	6
Stafford	1	11
Brooke Point	0	11
Culpeper	11	8
North Stafford	1	4
District Tournament:		
Sherando	4	0
North Stafford	6	8

Season Record: 5-15

Mound Meeting. Before starting play in the fifth inning of the Osborne game, infield players discuss strategy with Coach Shawn Szakelyhidi. Because it was their first game of the season, Szakelyhidi encouraged the team and noted their strengths and weaknesses.

Masked Men. As sophomore Chuck Brown catches a warm-up toss wide of the plate, the umpire practices calling balls and strikes. The Eagles lost their first game 0-10.



Photo by Yearbook Staff

Photo by Yearbook Staff

On Deck. Warming up before going to bat, freshman Ryan Wallis, an outfielder and pitcher, swings his bat to loosen his shoulders. The rest of the team looked on and watched the progress of their offense.

Swing Batter, Batter. Keeping his mitt low, junior Matt Smith prepares to catch the live ball, providing that the Stafford batter misses. Smith was the starting catcher for the team, however, freshmen Joe Goll and Justin Thompson served as backup catchers.



Photo by Youthbook Staff



Photo by Youthbook Staff

JV Baseball

Opponent	We	They
Osborn	7	17
Courtland	12	2
Fauquier	10	9
Courtland	3	3
Culpeper	1	6
Spotsylvania	5	6
Stafford	1	6
Fauquier	7	13
North Stafford	2	3
Brooke Point	7	6
Stafford	3	8
Brooke Point	6	5
Culpeper	10	9
North Stafford	0	9

Season Record 5-8-1



JV Baseball: Front row- Adam Bethany, Hans Meisen, Glenn Dye, Louie Udvari; Second row- Matt Smith, Jadd Adams, David Castilleja, Joe Goll, Kenny Bensman, David Henderson; Third row- Joe Daigler (manager), Matt Loving, Daniel Davis, Justin Thompson, Danny Kistner, Robert Corwin, Zeph Crittenden, Ryan Wallis, Mike Gillies

Bat Around

By Sarah Dye

JV teams gain experience for next season



Photo by Yearbook Staff



Photo by Yearbook Staff

Run It In. Nearing home plate to score a run for her team, freshman Melissa Giordano jogs in as Courtland's catcher watches the action in the outfield. Giordano was in no rush because the catcher had yet to catch sight of the ball.

It's A Beauty. At a home game, freshman Julie Giles releases a pitch to the batter at the plate. "In a way, the pitcher kind of controls the whole game," said Giles. "I feel pressure to pitch well from the whole team."



JV Softball

Opponent	We	They
Fauquier	9	29
Osborn	1	18
Culpeper	0	33
Spotsylvania	13	30
Sherando	1	19
Stafford	5	15
Courtland	11	26
Fauquier	1	17
North Stafford	6	21
Brooke Point	2	18
Stafford	6	21
Brooke Point	10	19
Culpeper	4	25

Season Record: 0-13



JV Softball: Front row- Lindsey Kime, Julie Giles, Amanda Williams, Lisa Yeagley, Crystal Kitchens, Jessica Giles, Cherrelle Yates; Second row- Coach Billy Lewis, Melissa Giordano, Shelby Palmore, Heather Glasgow, Jennifer Stover, Racheal Deffenbaugh, Jennie Thomas, Heather Shelton, Ashley Mast

Track Meets

North Stafford
Stafford
Gojekian Relays
Apple Blossom
Stafford Relays
Caroline Invitational
Twilight Classic
Districts

Up and Over. Sophomore Cameron Stephens successfully lifts himself off the ground and over the pole. Stephens cleared the pole and went on to the next height.



Photo by Kevin Dodson



Photo by Kevin Dodson

Take Off. Sophomore Scott Snyder passes the baton to junior J.J. Buchness, who runs the fourth leg of the 4x800 relay race against Stafford. The last leg runner was always under pressure.

And They're Off. Sophomore Sophia Bean and freshman Candace Davis sprint off at the sound of the gun. The girls hoped to win the 100 yard dash against Stafford.





There's no I...

By Jeffrey Young

Outdoor track team all ran together

"Not only did the track team benefit the runners physically, it also enhanced their perspectives on teamwork. It is a unique sport, and it stresses the importance of an individual on the entire team," said three-year veteran junior Julie Ross. "The sprinters became really close, like a family. We were always there for each other."

Since these athletes were joining each other for the first time, it was crucial for them to unite through teamwork and respect.

So team members did not depend solely on their own individual talents, and they were eager to encourage each other. During meets and practices, athletes fed off of each other's energy, intensity, and styles to improve individually, and thus as a team.

"Whenever anyone was ahead of me, I would push myself harder to do better," said freshman Megan Dickinson, "and support from my teammates would push me to go harder and faster."



Outdoor track: Front row- Karen Sybyl, Heather Johnson, Crystal Frakes, Audra Reynolds, Julie Ross, Megan Dickinson, Jeanine Robinson, Candace Davis, Laurie Miller, Tasha Nickels, Christina Wynes; Second row- Misty Burton, Kelly Shaw, Phil Banks, JoJo Limos, Thelma Wilkens, Sophia Bean, Cat Babbie, Brandon Jackson, Sean Hill, Patrick Farris; Third row- Marcus Allen, David Lewis, Cameron Stephens, Justin Hogan, Robert Douglas, Chuck Fitzgerald, Steven French, Travis Benson, Jim Follo, Margaret Adair, Chris McElvaine; Back row- Coach Walt Breede, Michelle Bartenfielder, Rachel Herriott, Sean Leyh, Scott Snyder, Andy Clearbout, John Urban, Chris Florio, Sean Dare, Natalie Reck, Mike Porter, Steve Doebel, Coach Tori Helmer.

By a Hair. Brushing the high jump pole, junior Crystal Frakes manages to clear her height. High jumpers could touch the pole without being penalized as long as it was not knocked down.

The Will To Win. Freshman Chris Crawford cradles the ball as he heads down the field. His teammate, junior Jeremy Mishler, keeps an eye out in preparation to receive a pass. Only their second game, the lacrosse team fell 0 to 5.

Silent Racket. Freshman Ben Johnson serves the ball to his opponent during the Brooke Point match. The team lost to the Blackhawks in both of their match-ups.



Photo by Yearbook Staff



Lacrosse

Opponent	We	They
Fauquier	6	7
Potomac Falls	0	5
Stafford	6	12
Brooke Point	9	4
North Stafford	3	20
Stafford	4	20
Fauquier	8	7
Brooke Point	3	2
Broad Run	5	3
Fredericksburg Academy	5	6
Districts:		
Brooke Point	11	2
North Stafford	5	13

Season Record 4-6



LACROSSE: Front row- Colin Knutson, David Wallis, Jeremy Mishler, Philip Butler, Abram Fox, Jack Zawora, Sam Johnson, Pablo Maldonado; Second row- Bobby Neal, Michael Essig, Adam Sekelic, Michael McTighe, Philip Delwiche, Joel Fuller, Adam Garcia, Chris Crawford, Tyler Godfrey, Chris Garcia, Zach Belcher; Third row- Jeffrey Males, Adam Brownback, Todd Curtis, John Schaefer, George Hall, Steven Todd, Bryan McNulty, Adam Phillips, Charles Barcus, Cruz Martinex, Paul Bleu, Coach Pat Hall, Coach Mark Smith

Bouncing Checks

By Lauren Griswold

Lacrosse charges and tennis faults



Photo by Yearbook Staff



Photo by Kelly Buchanan

Calling the Shots. Returning a serve during an away match, sophomore Jamal Matthews swings his racket. Matthews and his opponent served as their own referees during their match because tennis matches do not have officials.

Doubling Back. Hustling back to their defensive positions, junior Bryan McNulty and freshman Zach Belcher run down field after an attempt to score on Potomac Falls. "At the beginning of the season, we didn't know each other. As we got to know each other, it showed on the field," said McNulty.



Photo by Kevin Daskin

Boys' Tennis

Opponent	We	They
Massaponax Invitational	2	18
Stafford	1	8
Brooke Point	1	8
North Stafford	1	8
Stafford	2	7
North Stafford	2	7
Culpeper	2	7
James Wood	0	9
Sherando	3	6
Fauquier	1	8
Brooke Point	2	7

Season Record: 0-12



JV Boys' Tennis: Front row- Kristen Hartman (manager), Michael Hickman, Tommy George, Ryan Elliot, Shannon Reynolds (manager); Second row- Colin Whitmore, Jamal Matthews, Ryan Chandler, Ben Johnson, Coach David Hinds

Play to Win

By Brooke Abernathy & Rachel Herriott

Varsity field hockey holds their own.

Sprinting, hitting, and tumbling . . . in skirts? Don't let the "girlie" uniforms fool you. This team played tough and they played to win.

Rough play began early. In their fourth game, against Osbourn Park, sophomore Andrea Matarese was hit in the head with a drive while playing sweeper and defending the goal. She left the game with a huge knot on her forehead, but the ladies played tough for a 2-1 win.

Even conditioning had its rough spots. While running during practice, junior Michelle Fabie tumbled down an embankment into a rocky creek bed. Gashes covered her right leg. Teammates tried to help Michelle clean her wounds with gauze pads soaked in peroxide. No pain, no gain.

But all this was just a prelude to another matchup with Osbourn Park, during which senior Lauren Griswold was chopped behind her knees, and others suffered numerous injuries from the rough play, including face injuries due to high sticking.

"This field hockey team has overcome many challenges," said sophomore Katie McCluskey. "We were killed by Stafford 0-12 last year, but this year we held our own, 0-2. We're getting there."

The way there was never a secret to the ladies. They played tough because they played to win. Despite their losses, they never lost sight of that goal. As sophomore Misty Burton said, "We always put our best effort forward."



Varsity Field Hockey: Front Row- Katie McCluskey, Cherelle Yates, Sarah Bland, Cat Babbie, Rhiannon Thomasson, Amie Steele; Second Row- Miranda Shaffier, Brigid Cepauskas, Lauren Griswold, Jessica Boutchyard, Julie Ross, Lauren Arroyo; Back Row- Coach Ann Ellis, Jenna Swallow, Andrea Matarese, Michelle Fabie, Breanne McTighe, Coach Lauren Henn, and Coach Kelly Hicks.

Photo by Ashley Varnosi



Photo by Ashley Varnosi



Field Hockey

Opponent	We	They
Fauquier	1	3
Culpeper	2	5
North Stafford	1	3
Osborn Park	2	1
Stafford	0	2
Brooke Point	1	3
Fauquier	1	2
Culpeper	0	3
North Stafford	0	2
Osborn Park	1	2
Stafford	0	4
Woodbridge	0	1
Brooke Point	1	3

District Tournament:

Fauquier 0 1

Season Record: 1-13

Not Out of Bounds. Outracing a Fauquier player, sophomore Miranda Shaffier heads for the corner of the field to save the ball before it goes out of bounds. Shaffier's teammate sophomore Bianca Levine waited for the pass farther down the field.

Photo by Ashley Varnosi



Photo by Jessica Giles



Peanut Butter and Jelly. Sandwiched between two opposing players, junior Lauren Arroyo jumps in front of the ball and sends it out of her opponents' reach.

Off in a Flash. Junior Sarah Bland sends the ball downfield before either of the Brooke Point players can reach her. The ladies lost the game 1 to 3, despite Bland's quick actions.

Sideline Save. At a game against Fauquier, Coach Kelly Hicks encourages sophomore Jessica Boutchard to retrieve the ball before it goes out of bounds.

Faster Than A Speeding Bullet.

Sophomore Julie Giles beats Stafford to the ball with freshman Jessica Kapra there to back her up. Although the girls worked well together, the ladies fell to Stafford 3-2.

In The Nick Of Time. Freshman Jessica Sharpe sweeps the ball out of her opponent's reach. Dribbling drills and scrimmages during practices helped the team to improve stick work.



Photo by Jessica Lam



Photo by Ashleigh Varnos

Field Hockey

Opponent	We	They
Fauquier	1	3
Culpeper	3	0
North Stafford	0	5
Osborn Park	4	0
Stafford	2	3
Woodbridge	1	3
Brooke Point	2	2
Fauquier	1	0
Culpeper	2	0
North Stafford	2	4
Osborn Park	4	0
Stafford	0	2
Woodbridge	2	1
Brooke Point	0	1

Season Record 6-7-1



JV Field Hockey: Front row- Ashleigh Rabenolt, Amanda Cooper, Jessica Horn, Amanda Gray, Vanessa Pastor; Second row- Jessica Kapra, Lindsey Arroyo, Kelly Broadhurst, Amanda Moody, Denise ?????????, Emily Dudenhefer, Allison McKay, Julie Giles; Third row- Coach Kelly Hicks, Kaitlynd Killion, Ashley Hughes, Jessica Sharp, Colleen O'Hagan, Ashley Trailer, Coach Anne Ellis, Coach Lauren Henn



Photo by Natalie Childress

Setting Goals

By Brooke Abernathy & Sarah Dye

JV ladies were ready to take on their opponents

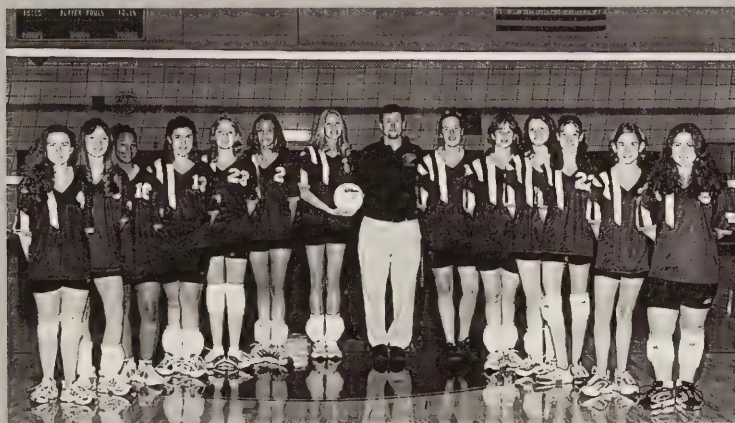


Service With A Smile. Serving to the Wolverines, freshman Nicole Childress scores an ace for her team. Serving overhand, as opposed to underhand, proved to be a difficult task for the girls, however, Coach Keith Mesa required them to play a game called "Dead Fish" in order to improve.

Two Teams Are Better Than One. The girls support their teammates during the game against Fauquier. Before every game, the team dived into the middle of the court and gave each other pep talks.



Photo by Jessica House



JV Volleyball: Sarah Hall, Megan Dickinson, Mckenzie Black, Jessica House, Heather Grigsby, Jennifer Gold, Rachel Herriott, Coach Keith Mesa, Erin Rodgers, Hillary Pettitt, Kristen Kern, Jenny Sandler, Nicole Childress, Taryn Brice

Volleyball

Opponent	We	They
Sherando	1	2
Potomac	2	0
James Wood	0	2
Fauquier	1	2
North Stafford	2	0
Brooke Point	2	0
Culpeper	2	0
Fredericksburg Christian	2	0
Stafford	2	1
James Wood	0	2
Sherando	2	1

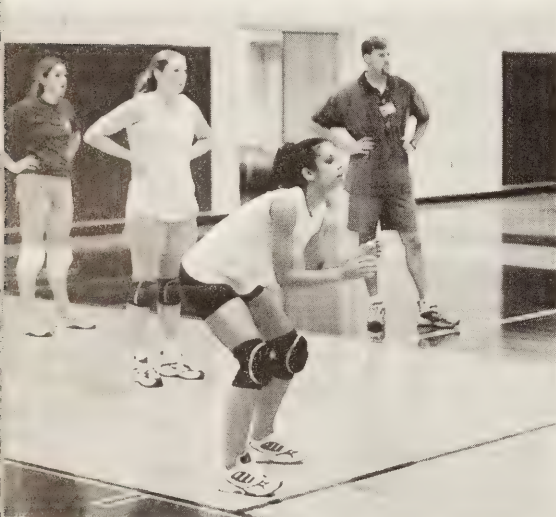
Season Record: 7-4

Varsity Volleyball

Opponent	We	They
Sherando	0	3
Stonewall Jackson	3	1
North Stafford	3	1
J.R. Tucker	1	3
Potomac	1	3
James Wood	1	3
Fauquier	1	3
North Stafford	3	1
Brooke Point	3	2
Culpeper	3	0
Fredericksburg Christian	1	3
Stafford	3	2
James Wood	2	3
Fauquier	1	3
North Stafford	3	1
Brooke Point	3	0
Culpeper	3	0
Sherando	1	3
Stafford	3	1
Districts:		
Fauquier	0	3

Season Record: 10-10

Winning the point. After Brooke Point blocks the ball, freshman Claudia Medina spikes it across the net as her teammates watch. The Eagles went on to win the point and the game.



All Padded Up and Set To Go. During a scrimmage, junior Whitney Thomas is ready to receive a serve. After she received the serve, she bumped the ball to her setter.

Photo by Rachel Herriott

Photo by Brandon Taylor



Whatever it Takes. After a Fauquier player spikes the ball, freshman Mallory Philman and senior Erin Millbaugh crash to the floor in an attempt to keep the ball in play.

Serving it Up. After a Brooke Point player served up a side out, senior Jennie Thomas serves the ball in an attempt to win the Eagles a point. The Eagles went on to defeat the Blackhawks.

"Net"work

By Malika Khalsa

The meaning of teamwork

Team: (*noun*) A number of people working together.

The varsity volleyball team lived up to that definition.

Freshmen Mallory Philman said, "As a team, we pray together and try to get each other pumped up."

Once the entire team was focused, they ran onto the court and prepared for a win. After the game, whether they were triumphant or not, the ladies huddled together to converse.

"We came together to state our opinions about what our

good and bad points were in the game. We also say what we can work on to improve our level of play for the next game," said freshman Claudia Medina.

After a winning season, the ladies continued on to the semi-final round of the district tournament. They were defeated by the team from Fauquier. Their togetherness, however, took them to the tournament, making the ladies the only team from the county to be represented at that level.



Varsity Volleyball: Front row- Kristin Bryant, Mallory Philman, Whitney Thomas, Elisabeth Glad, Claudia Medina, Jennie Fulmer; Second row- Jennie Thomas, Natalie Childress, Erin Millbaugh, Heather Benson, Jennifer Bloomer, Coach Deidre Walker



So Close

By Brittany Trant

A breakdown of the first varsity season

Preseason victories and a battle of the birds--the memorable moments of the football team's first varsity season.

The team kicked off their second year with the annual Midnight Madness. Their optimism and dedication shone through--22 players attended.

The team's optimism continued as the team beat Glenn Mills in a scrimmage on August 19, and went on to win two of their first three games: Stone Bridge and Brentsville.

"The best game we played was against Brooke Point because everyone was pumped and ready to play," said senior Jeff Males.

The Blackhawk offensive line experienced quite a surprise when senior Brandon Jackson intercepted a pass in the first quarter. The team went on to score two unanswered touchdowns. At half-time the game was tied 14-14. Although Brooke Point won the game 14-21, the varsity football team still came so close.

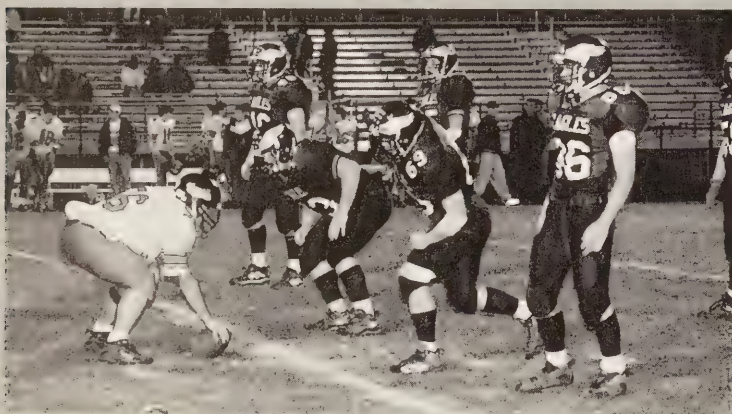


Photo by Jeanne Robinson

In the Trenches. With two minutes and forty seconds left in the fourth quarter, the defensive line prepares to stop the visiting Warriors. Sharando were second and seven, but Eagle defense pushed them back for a one yard loss.

Put Your Right Foot In. Before and after noon practice, the team stretches their hamstrings with a set of lunges. Other warm-up exercises included jumping jacks, up-downs, and breakdowns.

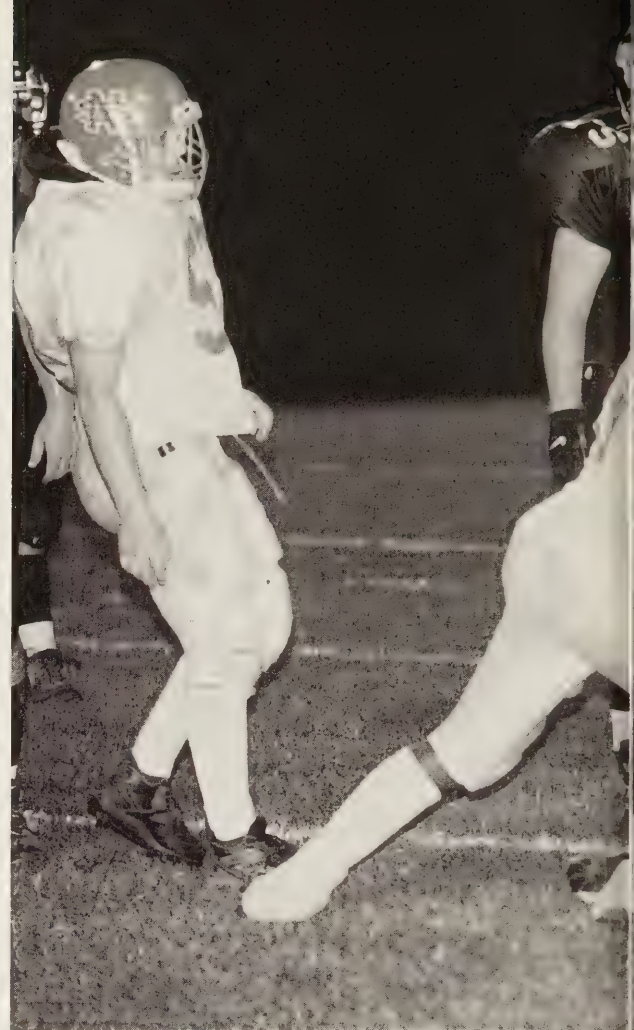




Photo by Jeanne Robinson

Varsity Football

Opponent	We	They
Stone Bridge	34	18
Broad Run	0	28
Brentsville	27	6
Fauquier	7	38
James Wood	20	34
North Stafford	13	48
Sherando	8	19
Culpeper	7	57
Stafford	6	37
Brooke Point	14	21

Season Record: 2-8

Group Hug. Wolverines surround sophomores Brandon McKenney and Chris Corbin in an all encompassing tackle. The team went on to score two touchdowns and one field goal, but North Stafford managed to stay 35 points ahead.



Photo by Tami Roe



Varsity Football: Front row- Sally Smith (manager), Dwayne Beach, Matt Moody, Wilson Heflin, Chris Morris, Larry Bruno, Renauldo Hawkins, Casey Graham (manager), Sean Hill, Donny Bochert, Kyle Graham, "Hammer" Ferrick, "Dawg" Ferrick, Mark Major; Second row- Keith Thompson, Chris Martin (manager), Bo Trant, Justin Stonehill, Rob Corwin, Daniel Wasson, Daniel Whittaker, Jeff Males, Rob Rankin, David Castilleja, Kevin Chapman, James Davis, Mike Bosworth, A.J. Correia; Third row- Rusty Irby, Jason Donadi, Mark Black, Hal Buckwalter, Bill Swink, Curtis Bosworth, Sean Dare, Robert Burke, Brian Huddle, Ian Greaves, George Hall, Mitch Nason, Chuck Brown, Rob Howard, Jack Ferrick, Karl Buckwalter, Ed Smith, Mark Doherty; Fourth row- Steven Kitchen, Brandon Jackson, Brandon McKenney, Martin Cristov, Jack Ferrick, Matt Bennett, Alan Johnson, Craig Bouck, Zach Belcher, Ryan Wallis, Todd Curtis, Patrick Farris, David Lewis

One Too Many. After being tackled by his teammates, sophomore Matt Loving ends up on the bottom of the pile. Loving injured his knee during the practice, but recovered before the season ended.

Photo by Rachel Herriot

Hustle. Ready for the third quarter kick-off, sophomore Jason Sullivan runs on to the field. Sullivan was the kicker for the JV team and also played linebacker, running plays to the quarterback during the game.



Photo by Courtney Pasanik



Freshmen

Opponent	We	They
Stone Bridge	26	28
Forest Park	21	14
Paul VI	14	6
Fauquier	34	42
James Wood	32	7
North Stafford	48	0
Sherando	20	27
Culpeper	56	19
Stafford	52	6
Brooke Point	28	8

Season Record: 7-3



Freshmen Football: Front row- Anthony Merindino, Darland Donovan, Josh Hawkins, Josh Scheelinger, William Califf, James McNellis, Nick Bowden, Kyle Dubac, Tim Missigman, Jason Mitchell, Marcus McCullough; Second row- Christopher Knutti, Josh Mooney, Willie Johnson, John Hoffman, Ben Lynch, Jason Oliver, Ryan Evans, Charles Spells, C.J. Dunaway, Damon Beasley, Bobby Cantrell, Ryan Pritt; Third row- Rusty Irby, Wayne Collier, Ryan Hord, Jack Dennis, Nick Ashoch, Jackie Williams, Andrew Crews, Daryl Gousby, Eddie Rubbo, Steven Derwiler, Kevin Kerr, Joshua Raubenalt, Kevin Vind, Sam Johnson; Fourth row- Jake Brown, Chad Cayer, Steven Griswold, Justin Woodall, Randy Hipperd, Adam Jankowski, Andrew Burton, Justin Graham, Kevin Gharbani, Collin Lasiter, Corey Blue, Korey Whiting, Nick Sandoval

Basic Tactics

By Rachel Herriott

Watch 'em, catch 'em, take 'em down



Photo by Rachel Herriott



Photo by Brian Kerr

Display of Affection. During a practice scrimmage before the Fauquier game, sophomores Dale Pellar and Justin Thompson jokingly comfort each other after a hard hit. The JV team often scrimmaged itself to prepare them for the challenges they faced during games.

Rising to the Occasion. Leaping in the air, freshman Corey Blue receives a pass from his coach. The teams practiced everyday after school doing passing, running, and tackling drills.



Photo by Brian Kerr



JV Football: Front row- JoJo Limos, Dustin Mullins, Zack Smith, Chris McElvaine, Jason Harris, Paul Blue, Kevin Chapman, Bobby Hensel, Jusitn Speelman, Andre Clarke; Second row- Kevin McGray, John Sowers, Chuck Fitzgerald, Reggie Davis, Sean Hill, Marcus Allen, Bobby Neal, Jason Sullivan, Sam Johnson, Jack Zawora; Third row- Coach Mark Dougherty, Dale Pellar, Matt Loving, Chris Florio, Craig Bouck, Charles Barcus, Chris Winberg, Matt Capriani, Martin Cristov, Josh Coy, Coach Jack Ferrick; Fourth row- Justin Mendez, Andy Claerbout, Justin Thompson, Matt Moody, Ryan Bittinger, Patrick Farris, Shannon Speelman, Bo Trant, Jason Mooney, Justin Thompson.

JV

Opponent	We	They
Stone Bridge	6	0
Forest Park	6	0
Paul VI	6	28
Fauquier	22	12
James Wood	13	12
North Stafford	38	18
Sherando	16	14
Culpeper	12	13
Stafford	21	31
Brooke Point	21	35

Season Record: 6-4

Cross Country

Opponent We They

Chancellor Invitational	7 out of 12	2 out of 15
Fork Union Invitational	9 out of 17	9 out of 26
Festival	15 out of 19	2 out of 20
Stafford	1 out of 2	1 out of 2
Brentsville Relays	12 out of 20	2 out of 20
Stafford	1 out of 2	1 out of 2
District Schools	4 out of 7	2 out of 7
Culpeper	2 out of 2	1 out of 2
District Meet	5 out of 8	4 out of 8
Regional Meet	9 out of 16	

The Top Seven. Junior Brandon Swecker, sophomores Sean Leyh and Mike Porter, and senior J.J. Buchness sprint ahead during the Stafford meet.

Indian Runs. Junior Mark Thyrring, senior Justin Hogan, sophomore John Hoehne block the path of the closely pursuing Stafford Indians during a meet late in the season. Cross country runners needed to have endurance to run the miles that were required of them.



Photo by Brooke Abernathy



Photo by Bryan Kerr



Photo by Keltie Burcham

Baring Buff Bods. Senior J.J. Buchness is trailed by senior Makius Carabai, sophomore Phil Banks, and junior Mark Thyrring. After losing a meet against Stafford the coaches made the team run a few extra miles on the Stafford course. The boys showed off a running drill that they created on their own called "The Flying V," in which they run in a v-formation.

Hard Day, No Play. Junior Thelma Wilkins puts in overtime. "Thelma always worked really hard and motivated the team," said junior Kjersti Trout of her teammate.

A time to run

By Brooke Abernathy

For everything there is a season

3 months=12 weeks=84 days=2016 hours full of triumph, agony, joy, defeat, exhilaration, exhaustion, commitment, and motivation . . . or to put it simply: one season of cross country.

Over the course of the season, the cross country team spent a lot of time together. Being only the second season it was a time for building a team and starting traditions. The runners began bonding over the summer at the Blue Ridge Running Camp. In Au-

gust they participated in a 24-hour relay. During Spirit Week, the team ran in their costumes everyday. Before meets, the cross country team pepped themselves up by dressing up for school in blue and green apparel, including shirts they painted. They also held spaghetti dinners for "carbo-loading."

Right before meets, the team listened to their "meet mix" CD, with of course, the Dixie Chicks' "Ready to Run."



Photos by Brian Kerr



Cross Country: Front row- Julie Farley, Brandon Swecker, Phil Banks, Margi Schroeder, Taylor Burgess, Malise Tepera, Mandi Mullens; Second row- Christina Porter, Megan Schmitt, Mark Thyrring, Lindsay Donnell, Lindsay Campbell, Raelynn Johnson, Laura Borella; Third row- Sean Leyh, Jason Clark, John Urban, Mike Porter, Brendan Fitzgerald, Phil Delwiche, Zack Hayden, Justin Hogan; Fourth row- Coach Craig Carlson, Ben Nason, Beth Zinger, Heather Glasgow, JJ Buchness, Chritian Garthier, Kjersti Trout, Amy Webb, Thelma Wilkins, Coach Tori Helmer; Missing from picture- Ashley Adriano, Sophia Bean, Crystal Black, Makius Carabai, Lisa Crain, Steve Doebel, John Hoehne, Emily Mertz, Tim Pote, Victoria Zinger

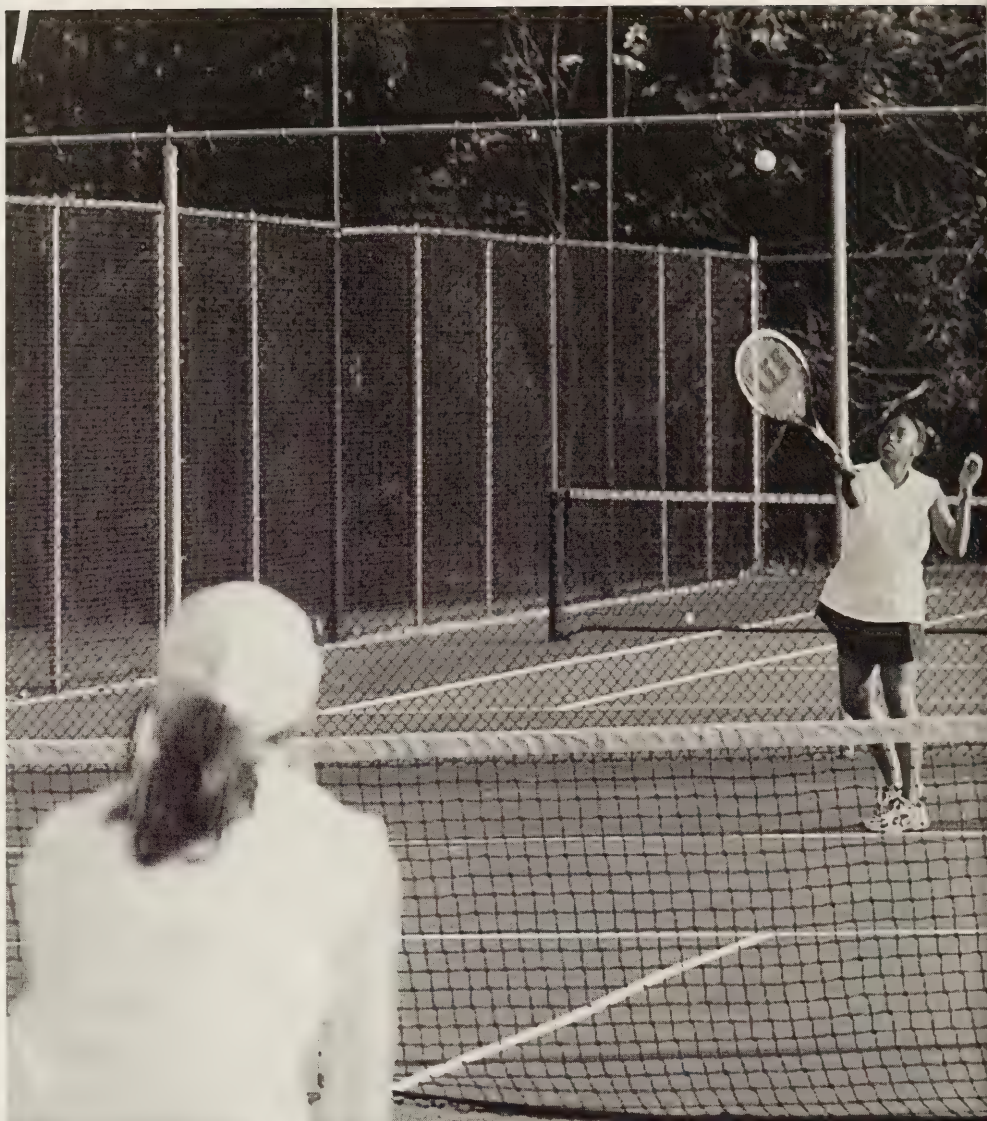
No guts, no glory. The girls' cross country team takes a warm-up run around the cross country trail at the beginning of practice. The team practiced at 6 am in the morning, as well as every afternoon.

"Love." Sophomore Ashley Fowler and her doubles partner, freshman Ashley Kurpiel, serve the ball to their opponents at the District Tournament. The ladies were eliminated from the tournament at Stafford after the first round.

Bee-ware of the Woods. Senior Brad Snyder tees off during a home match. Snyder had a run-in with some angry bees after one of his drives landed near a nest in the woods. He got stung on the shoulder and ran off, leaving his clubs.



Photo courtesy of Coach B.J. Tucker



Girls' Tennis

Opponent	We	They
Stafford	0	8
North Stafford	0	8
Brooke Point	0	8
Stafford	0	8
North Stafford	0	9
Culpeper	1	8
James Wood	0	9
Sherando	1	8
Fauquier	1	8
Brooke Point	1	8

Season Record 0-10



Girls' Tennis: Front Row- Tommy George (manager), Leigh Johnston, Connie Soloyna, Ashley Kurpiel, Jamal Anderson (manager); Second Row: Coach Sarah Mallard, Shannon Reynolds, Ashley Fowler, Heather Lange, Cheri Pryor, Nichole Jones; Not Pictured- Rachel Downham, Melissa Downham

In the Rough

By Brittany Trant & Randy Moore

Teams face challenges on and off the greens

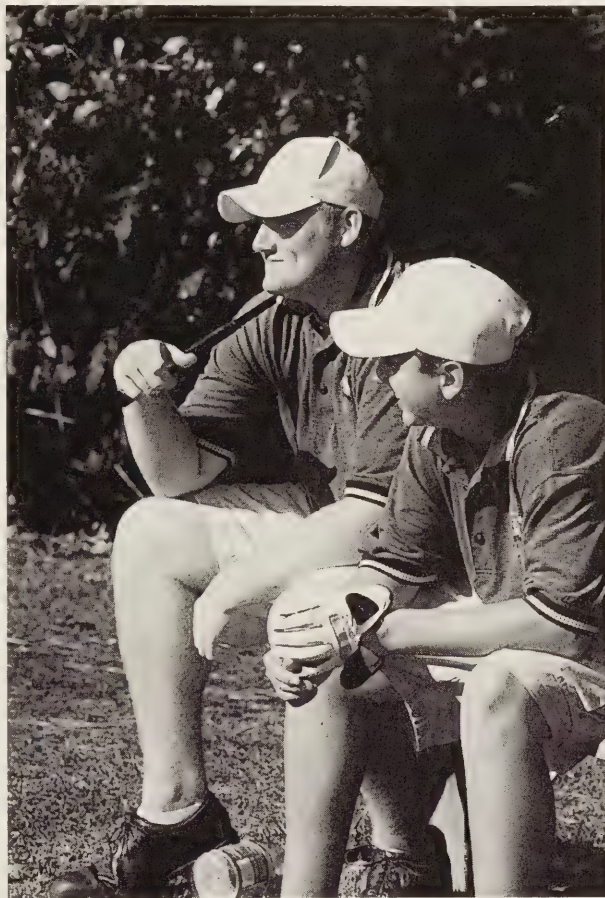


Photo by Morgan Randall

Watching the Grass Grow. Senior Bryan McNulty and sophomore Glenn Dye take a break before they tee off. They were two of the six golfers that qualified for the district tournament. The six guys played in the cold rain on the day of their tournament.

Old Hand. At a match against Stafford, junior Nichole Jones serves the ball. Jones was one of the oldest members on the girls' tennis team. The team had no seniors and was captained by juniors Rachel Downham and Heather Lange.

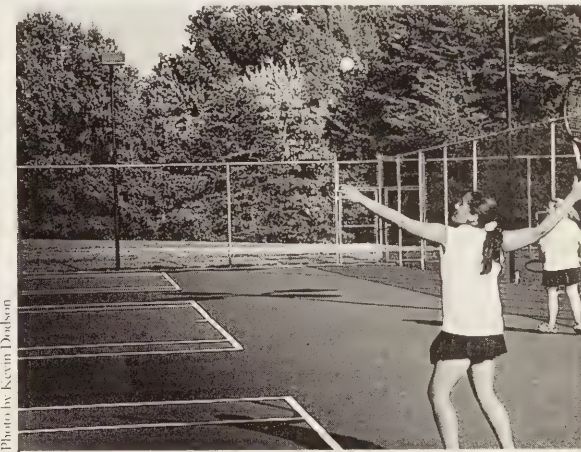


Photo by Kevin Dodson

Golf

Opponent

Mini Tournament	6th out of 8	
Mini Tournament	6th out of 8	
Quantico Tournament	24th out of 44	
North Stafford	174	186
Courtland	174	174
Stafford	186	172
Courtland	185	183
Woodbridge	171	156
Forest Park	171	162
Forest Park	173	176
Brooke Point	173	165
Brooke Point	179	156
Osborn Park	179	159

Districts: 8th out of 8



Golf: Front row- Jadd Adams, Glenn Dye, Drew Currin, Ken Bensman, Kevin Young, James Smith; Second row- Jeffrey Young, Michael Dougherty, Scott Rudd, Brad Snyder, Chris Shuford, Bryan McNulty, Coach B.J. Tucker

Megan Be Nimble, Megan Be Quick.

Sophomore Megan Dickinson pulls her toes back while she stretches her hamstring before afternoon practice. Dickinson stretched and taped her ankles to prevent injury, so she could perform well in each event.

Hind Leg. Sophomore Sean Hill carries the baton for the last leg of the 4 x 200 relay. Hill and the rest of the relay team took second at the District meet. He went on to take first in the 300m and second in the 55m at the same meet.



Photo by Tim Cook 2/07

Photo by Rachel Harriott



Girls' Track

Opponent

Dual Meet	2nd Place
Stafford Spotsylvania	1st Place
North Stafford Stafford Brooke Point	3rd Place
Districts:	4th Place



Girls' Track: Front row- La'Tasha Nickels, Heather Johnson, Lisa Crain, Natalie Reck, Raelynn Johnson, Misty Burton, Amie Steele, Amanda Moody, Courtney O'Connell; Second row- Jessica Capra, Ashley Adriano, Emily Mertz, Julie Farley, Heather Unger, Tara Salem, Sarah Harbach, Nicole Parker, Jeanine Robinson, Laura Rohrenbach; Third row- Coach Tori Helmer, Tina Porter, Thelma Wilkins, Malise Tepera, Megan Dickinson, Christina Wynes, Lindsay Campbell, Lonice Reed, Brianna Lockett; Fourth row- Coach Mark Doherty, Crystal Black, Ashley Hughes, Catherine Tepera, Amy Webb, Rachel Herriott, Kjersti Trout, Margie Schreider, Tommy Brochu (manager)

Hot, Hot, Hot

By Sarah Dye

Indoor Track Heats Up the Cold

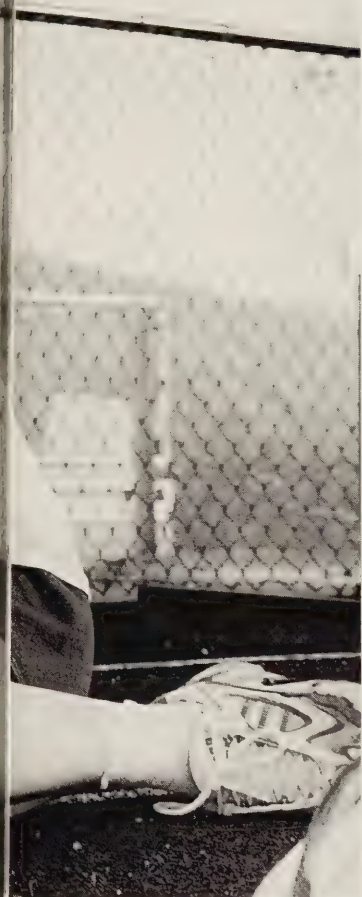


Photo by Teahook Staff



Knee Highs. Sophomores Sean Leyh and Philip Banks work up a sweat during aerobic conditioning. They did high knees to warm up their leg muscles. Leyh won the district and the region in the 1000 meter. He also placed seventh in the same event at the state meet.

Stretch Legstrong. Sophomore Ashley Adriano stretches her leg muscles in preparation for her next event and to avoid cramping in the cold winter weather.



Photo by Teahook Staff



Boys' Track: Front row- David Tombs, Brandon Swecker, Kenneth Zahn, Justin Hogan, Sean Leyh, JoJo Limos; Second row- Brianna Lockett, Taylor Burgess, Ben Johnson, Travis Benson, Cory Bleu, Jeff Males, J.J. Buchness, Steven Doebel, Laura Rohrenbach; Third row- Coach Mark Doherty, Coach Tori Helmer, Matt Neundorfer, John Hoffman, Philip Banks, Makius Carabai, Sean Hill, Kevin Kerr; Fourth row- Andy Claerbout, John Hoehne, Michael Porter, John Schaefer, Chris Florio, Jim Folio, Ryan Wallis, Nicki Grabowski

Boys' Track

Opponent

Dual Meet	2nd Place
Stafford Spotsylvania	1st Place
North Stafford Stafford Brooke Point	3rd Place
Districts:	2nd Place
Regionals:	8th Place
States:	30th Place

Swimming

Opponent	Girls	Boys
King George	160/90	145/100
Massaponax	130/80	90/110
North Stafford	140/75	125/105
Brooke Point	140/70	130/90
J.W. & Sherando	130/70	120/75
Fauquier	140/120	100/40
Stafford	180/140	105/160
Districts	1st	3rd
Regionals	2nd	12th
States	27th out of 73 teams	

Girls' Season Record: 7-0

Boys' Season Record: 4-3

Moving into First. The girls' relay team, senior Xenavee Pangelinan, junior Anne Martz, senior Akemi Parker, and sophomore Sarah Parker, quickly pass their opponents, James Wood and Sherando, to get a firm grasp on first place in the 400 freestyle relay. Their relay team remained undefeated.



Four-Lap Crawl. Sophomore Eric Trott swims the 25 meter freestyle event. Freestyle was also known as the crawl and Trott placed twelfth overall at Districts.

Photo by D. Siegmund



Ready For Take-off. Freshman Kyle Walden positions himself for the call to start. Walden swam the fifty meter freestyle against James Wood and Sherando.



Photo by D. Seagrund



Do the Dive

By Brooke Abernathy

Swimmers Plunge In

An activity that causes wrinkles on the participants of all ages.

An activity that results in water-logged ears, dry and itchy skin, and fatigue.

An activity that affects its participants in a curious manner, sometimes preventing the females from shaving and encouraging the males to do so.

What sport is this? Swimming.

While other athletes endure shin splints, blisters,

and broken bones, swimmers must endure different types of injuries. Swimming may seem like a sport of swim suits, sunshine, and tanning lotion . . . but it is not all fun and games.

Swimmers began their practice by swimming 500 meters, which is ten laps up and down the pool. Practice continued with additional laps and relays, and concluded with stretches and another ten laps.

Fun and games? . . .



Swimming: Front row- Jessica Purshock, Kacie Shantz, Leigh Johnston, Taryn Brice, Kate Millbaugh, Alesha Crosby, Maggie Foster, Katy Sweaney, Annie Adams, Kaitlynd Killian, Erica Riegger, Alicia Albright; Second row- Tiffany Bruno, Brandon Swecker, Tyler Haren, Matt Serbinski, Jessica House, Amy Wolf, Stephanie Barrett, Danielle Downing, Jessie Reynolds, Christi Wiggins, Amanda Butler, Caitlin Mooney; Third row- Kyle Walden, Adella Summers, Sarah Howard, Ashlea Parker, Mark Molter, Anna Aveleyra, Jessica Lam, Kinsley Shroeder, Cheyenne Hall, Alaina Hernandez, Calvin Crosby; Fourth row- Coach Camilla Shrover, Annie Martz, Katie Hoehn, Jacob Flatter, Erik Clancy, Kerri Wysocki, Tim Pote, Kelly Godin, Erin Millbaugh, Morten Hansen, Anthony Kane, Collan Knutson, Travis Campbell, Bryan Looney, Jacob Dodson, Tyler Campbell, Matt Bretthauer, Mario Dallabetta, Emily Akers, Allen Whitlow, Coach Konrad Heller, Coach Elissa Loudon

Taking Turns. Anticipating her teammate reaching the wall, sophomore Kinsley Schroeder stands ready to spring into the water. Schroeder and teammates swam the 200 meter freestyle relay at Woodland Pool.

Recipe for Victory

By Brooke Abernathy

Two Steps to Success

Begin by collecting the following ingredients: twelve dedicated young ladies who work well together, an inspiring coach, an enthusiastic crowd, squeaky sneakers, a goal, lots of deodorant, and a basketball. Stir well after hours upon hours of practice and what do you have? A successful varsity girls' basketball team.

And what was their secret to success? There were two steps to remember: Over the rim and through the net.

But what was the defini-

tion of "successful"? For a team as new as this one, "it was unrealistic to expect to win every game," said senior Margaret Adair. Instead, their objective was to progressively improve their statistics, both as individuals and as a team.

And although the girls did not have a winning season, they scored 389 more points and won six more games than last year, forming a solid base from which future teams could work.

That's a successful season.



Varsity Girls' Basketball: Front Row- DeeJay Johnson, Julia Harris, Kristin Bryant, Ashley Turner, Andrea Matarrese, Sherrese Whiting, Whitney Thomas; Second row- Coach Michelle Darley, Katherine Harris, Kristin Hoffman, Margaret Adair, Catherine Meadows, Mimi Preda, Chris Martin (manager)

Phenomenon. During the Stafford game at home, freshman Julia Harris looks for a pass. Harris, the team's leading scorer, graced the front of the *Free Lance Star's* sports page in February.

Photo by Ashleigh Varnos

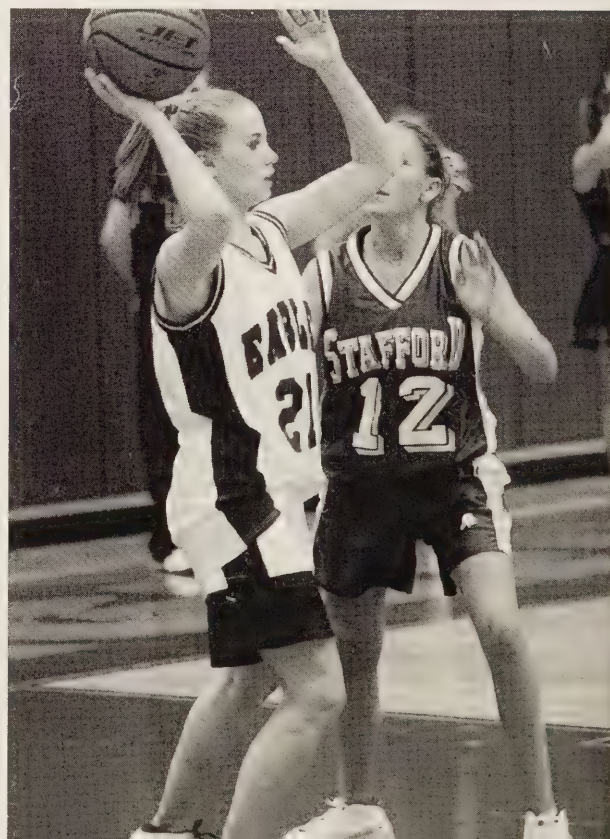


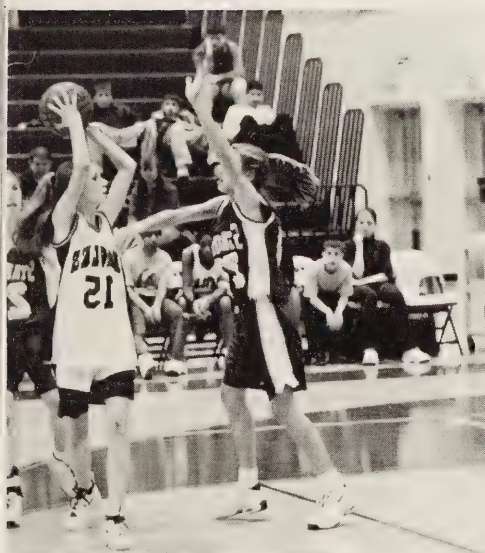
Photo by Varnos, Staff

Basketball

Opponent	We	They
Covenant	40	27
Blessed Sacrament	37	42
Forest Park	27	58
Fauquier	43	35
Forest Park	37	42
James Wood	35	40
Sherando	47	32
North Stafford	43	58
Fauquier	48	42
Stafford	24	50
Sherando	37	47
Brooke Point	44	54
James Wood	51	70
Brooke Point	43	51
Culpeper	45	33
North Stafford	30	56
Fred. Christian	43	35
Culpeper	35	51
Stafford	33	57
Districts (Stafford)	29	45

Season Record: 6-14

Fowl Play. As the team set up an offensive strategy, freshman Julia Harris passes the ball to sophomore Andrea Matarrese. The team beat the visiting Fauquier Falcons both times they played.



Space Invader. Sophomore Andrea Matarrese attempts to pass the ball to a teammate before the Stafford player can invade her space and block the pass.



Outside-In. Senior Katherine Harris sends an in-bounds pass to teammate junior Kristin Bryant during a game against Stafford. Harris was the sole player who threw in-bounds passes.

Openings Now Available. At a home game against Brooke Point, sophomore Kristen Phillips waits for a teammate to get open so she can complete her in-bounds pass.

Flower Power. Before their last game against the Stafford Indians begins, the freshman girls' team gets a pep talk from the bench. The girls received carnations and balloons as a congratulations for their work and dedication during the season.



Photo by Courtney Paskanik



Freshman

Opponent	We	They
Forest Park	22	14
Fauquier	25	28
Forest Park	20	21
James Wood	20	18
Brooke Point	19	25
North Stafford	18	20
Fauquier	25	22
Stafford	16	22
James Wood	30	21
Brooke Point	24	21
Culpeper	19	34
North Stafford	10	19
Culpeper	22	29
Stafford	19	20

Season Record: 4-10



Freshmen Girls' Basketball: Front Row- Rhiannon Thomasson, Vanessa Hara, Kelly Broadhurst, Kendra Loft ; Second row- Ashley Robenault , Meg Giroux, Shanelle Lewis, Jessie Sharpe, Ashley Traylor, Celina Parker

Second Time's a Charm

By Sarah Dye

Second Season, First Six Wins



Photo by Courtney Paskamik



Hands Up. Under the basket, freshmen Jessie Sharpe, Ashley Traylor, and Shanelle Lewis, along with several James Wood players, fight for the rebound. Aggression and jump height were key to rebounding a loose ball.

Competing Fowl. After being fouled by a Brooke Point player, freshman Claudia Medina tries her hand at a free throw shot. Medina's shot gave the team the two point lead they needed to win the game.



Photo by Courtney Paskamik



JV Girls' Basketball: Front Row- Nicole Childress, Malika Khalsa, Miranda Shaiffer, Tish Smith, Kristen Phillips. Back Row- Coach B.J. Tucker, Melissa Francisco, Rachel Defenbaugh, Krista Hutchison, Ashley Green, Erin Rodgers

JV Opponent	We	They
Forest Park	20	27
Fauquier	20	23
Forest Park	19	31
James Wood	19	27
Brooke Point	24	20
Sherando	36	16
North Stafford	24	31
Fauquier	31	34
Stafford	36	47
Sherando	54	27
James Wood	27	38
Brooke Point	20	29
Culpeper	22	42
North Stafford	29	33
Fredericksburg Christian	54	17
Culpeper	33	25
Stafford	32	18

Season Record: 6-11

Varsity Basketball

Opponent	We	They
----------	----	------

James Monroe	44	47
Louisa	46	70
Fauquier	34	72
Model	40	70
James Monroe	64	65
James Wood	68	62
Chancellor	59	74
Courtland	65	67
Brooke Point	42	68
Sherando	49	73
North Stafford	43	50
Fauquier	53	74
Stafford	48	66
James Wood	54	51
Sherando	39	56
Brooke Point	43	58
Culpeper	59	72
North Stafford	34	51
Culpeper	66	90
Stafford	57	64

Season Record: 3-20

Air Up There. During the second quarter of the Stafford game, junior Chad Jarboe takes a shot. Jarboe, the team's center, was the second leading scorer.



Photo by Britany Trant

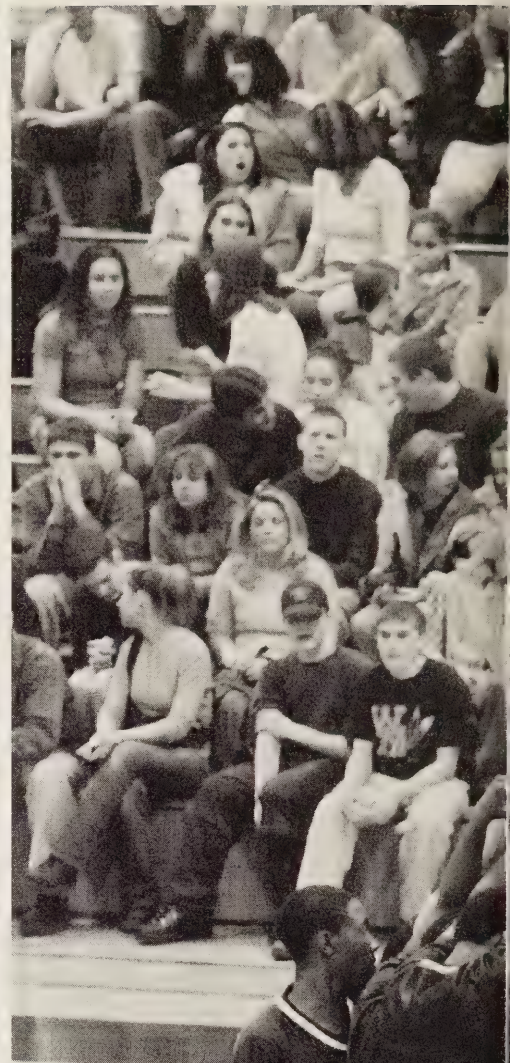


Photo by Britany Trant

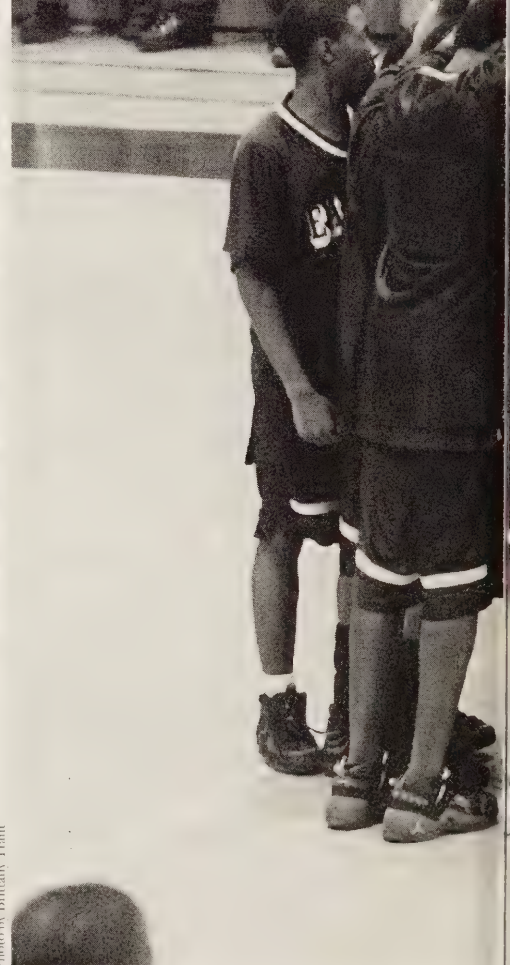
First Round Pick. Freshman Kenny Rivers looks for an opening as senior Adam Green sets a pick. Rivers escaped the defender and scored for the team in the first round of the district tournament.

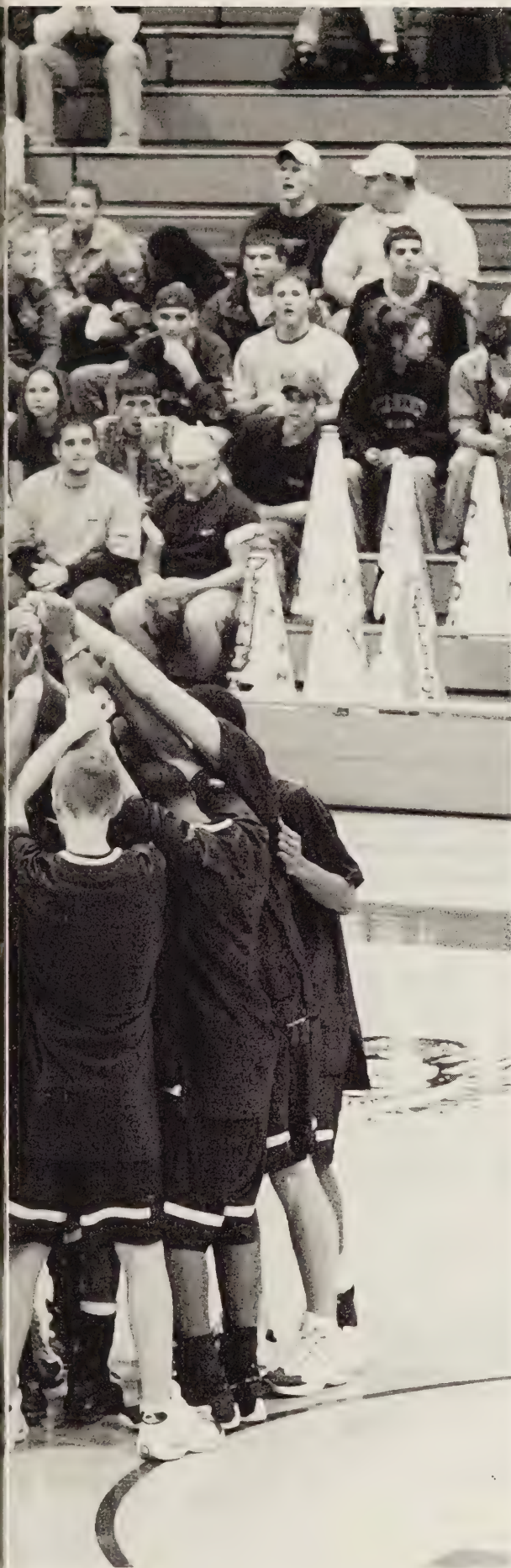
Scramball. Sophomore Bo Trant wrestles with a Stafford player for control of a loose ball. Senior Brandon Jackson came in to help, but the referee called a jump ball.



Photo by Britany Trant

Photo by Britany Trant





Crushed Colonels

By Brittany Trant

District wins in a pair of close games

"The James Wood game was great--our first district win," said freshman Robert Burke. On December 16, the varsity basketball team travelled to James Wood.

"At the end of the first quarter we were down by 18. Then at half-time we were down by 1," said junior Chad Jarboe.

And they came back in the second half to secure their first district win, 68-62.

Freshman Korey Whiting said the team won because

it was "the first game we played as a team. We passed the ball and played good defense."

The next time that the two teams met came in late January, and the guys had the home court advantage. The district's leading scorer, freshman Kenny Rivers, said "The best part of the game was when I hit the game winning shot." Rivers's buzzer beater sealed the team's second district win in another close win, 54-51.



Varsity Boys' Basketball: Front row- Steven Todd (manager), Kenny Rivers, Brandon McKenney, Brandon Jackson, Paige Bowden (manager); Second row- Bo Trant, Kevin Hunter, Korey Whiting, Ronnie Sanford, David Lewis; Third row- Coach Michael Rosenbaum, Robert Burke, Chad Jarboe, James Borella, Adam Green, Coach Johnny Jenkins

All Hands. Before the start of a district game against Stafford High School, the team huddles at center court. The team gathered together after the starting line-up was announced to get mentally prepared for the game.

Shoot Two Through the Hoop. At a home game against Fauquier, sophomore Marvin Burnette tips the ball in, scoring two points. Despite his effort, the team lost 32-53.

Man to Man. As he shoots a lay-up, freshman Collin Laster tries to avoid a Stafford defender. Laster made the two for the freshman team, and the guys went on to beat Stafford in their last home game.



Photo by Rachel Harpoot

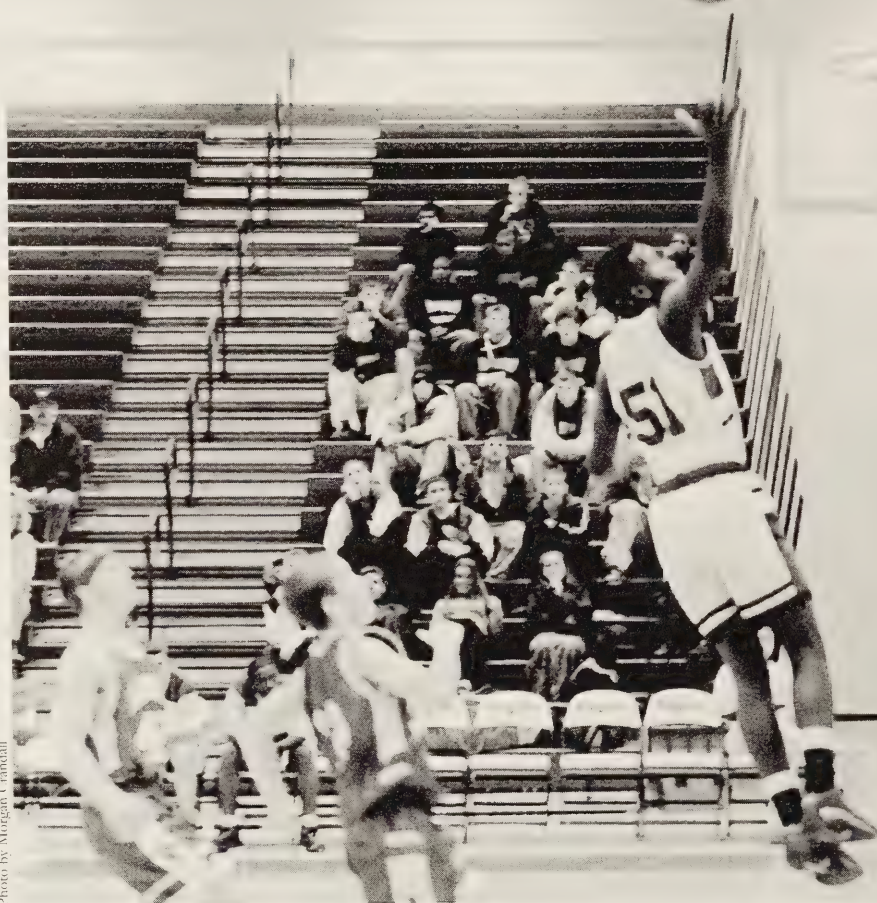


Photo by Morgan Crandall

Freshmen

Opponent	We	They
Spotsylvania	40	31
Fauquier	28	54
Spotsylvania	47	33
James Wood	59	43
Brooke Point	45	50
Sherando	30	38
North Stafford	48	36
Fauquier	25	63
Stafford	20	31
James Wood	48	22
Sherando	41	34
Brooke Point	47	30
Culpeper	55	31
North Stafford	66	33
Culpeper	48	37
Stafford	52	43



Freshmen Boys' Basketball: Front row-Mark Salinas, Nick Ashooh, John Baker, Josh Hilsinger, Jackie Kirby (manager); Second row- Lukas Marshall, Kainoa Kala, Chad Cayer, Randall Hippeard, Zack Hayden; Third row- Coach Hamilton, Josh Sieben, Josh Strother, Collin Laster, David Russ, John Poole, Trevor Sakry, David Foster

Season Record: 11-5

Driving Down the Lane

By Rachel Herriott

Freshmen and JV Charge the Defense

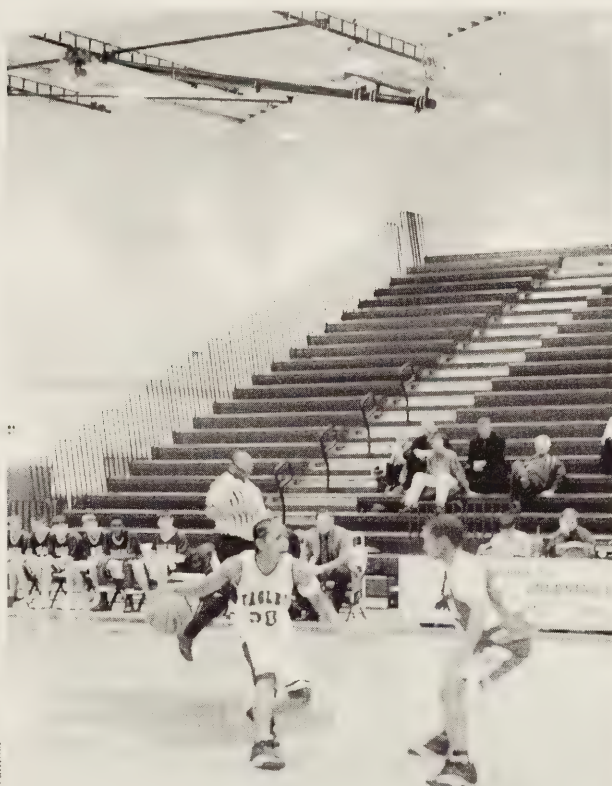


Photo by Ashleigh Yamasi

Set Up. Sophomore B.J. Fields takes the ball down the court, ready to set up a play. As point guard, Fields got the ball back down the court after the other team scored, called the plays, and got the ball to the hoop.

Take control. Looking for an open teammate, freshman John Baker tries to get rid of the ball. The team stole the ball from Stafford and tried to get back down the court so they could score during the last game of the season.



Photo by Rachel Herriott

JV

Opponent	We	They
James Monroe	38	34
Louisa	34	52
Fauquier	32	53
Model	41	24
James Monroe	48	52
James Wood	36	56
Brooke Point	24	53
Sherando	41	52
North Stafford	50	32
Fauquier	30	57
Stafford	41	49
James Wood	48	54
Sherando	23	51
Brooke Point	54	58
Culpeper	47	59
North Stafford	35	30
Culpeper	56	62
Stafford	46	36

Season Record: 5-13



JV Boys' Basketball: Front row- Zeph Crittenden, Jimmie Newsome, Tyrone Oyer, Glenn Dye, George Diaz, Tabitha Hillard (manager); Second row- Coach Bryan Zarzedez, Matt Moody, Rob Howard, Marvin Burnette, Brandon Eubank, Megan Chambers (manager); Third row- Coach Mike Moody, Jason Sullivan, Jadd Adams, Kevin Chapman, James Essex, Byran Jones, Coach Doug Wieczorek

Balancing Priorities

By Malika Khalsa

Gymnasts vault their way to success.

In 1996, little girls across America watched as the U.S. Women's Gymnastics Team tumbled and vaulted to gold in Atlanta. After seeing the team receive their medals, aspiring gymnasts hit the mats.

Five years later, the gymnastics team got to enjoy their own moment of glory at the Winterfest Invitational, where they took first place.

Sophomore Kerriann Galloway said, "Our coaches really helped us to succeed."

Neither the coaches nor the team minded the hard work. The team won the Green Division at the Winterfest Invitational, which they hosted. Later in the season, they also sent two gymnasts to regionals: senior Lisa Yeagley and sophomore Christen Itam. Yeagley also qualified for the state meet.

Sophomore Christen Itam commented about the team's season, "I am very happy with the outcome, and I am even more happy to have created a group of new friends."



Gymnastics: Front Row- Kerriann Galloway; Second row- Crystal Frakes, Candice Osborne, Jessica Preston; Third row- Lisa Yeagley, Nicole Woznick, Christen Itam, Lacey Hicks

Balancing Act. Reaching back to grab her left leg, sophomore Kerriann Galloway performs a Scorpion during her balance beam routine at the Winterfest Invitational. The balance beam required gymnasts to center their balance and focus on their weight distribution.

Photo by Liz Sowers

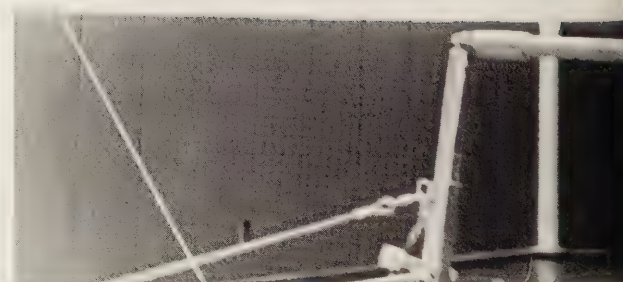


Photo by Liz Sowers



Gymnastics

Opponent

CFHS Quad	3rd Place
Courtland Invitational	5th Place
Stafford Quad	3rd Place
Park View Invitational	115.675
North Stafford Quad	2nd Place
Winterfest Invitational	1st Place
Courtland	2nd Place

District Meet: 3rd Place

Regional Qualifiers:

Lisa Yeagley (Bars, Beam, Floor)

4th Place- Floor

Christen Itam (Floor)

State Qualifier:

Lisa Yeagley

Determination. At practice on January 17, senior Lisa Yeagley practices her uneven bars routine. "You have to be focused. You have to have determination," said Yeagley. Gymnasts swung from bar to bar in the unevens event, sometimes performing releases, in which they let go of the bar and then grab it again.

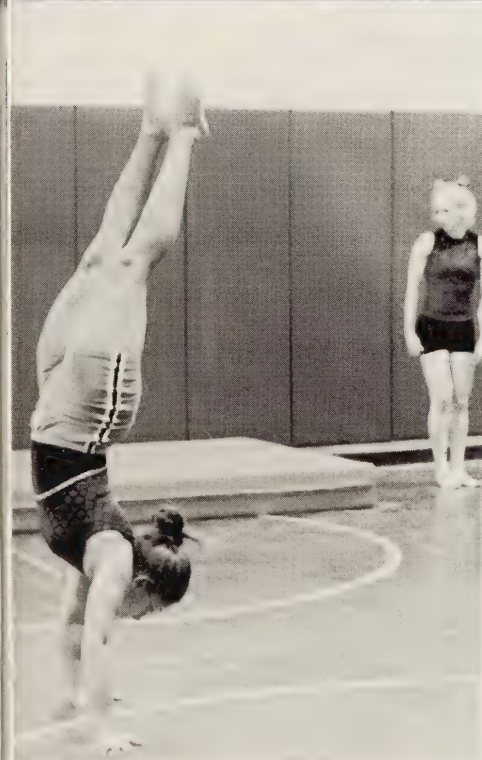
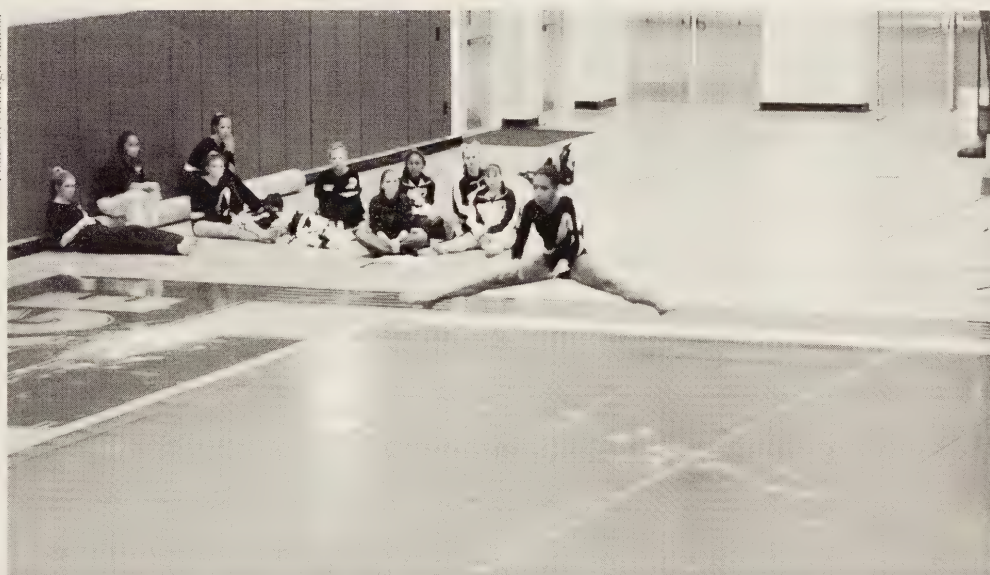


Photo by Ashleigh Vamosi

Photo by Ashleigh Vamosi



Head Under Heels. Before practice, sophomore Candice Osborne warms up with a handstand. The team practiced in the auxiliary gym, sharing mats with the wrestling team.

Back Up. Her teammates watch as sophomore Christen Itam performs her floor routine at a meet. Itam placed at the District meet with her floor routine, qualifying her for regionals.

Varsity Wrestling

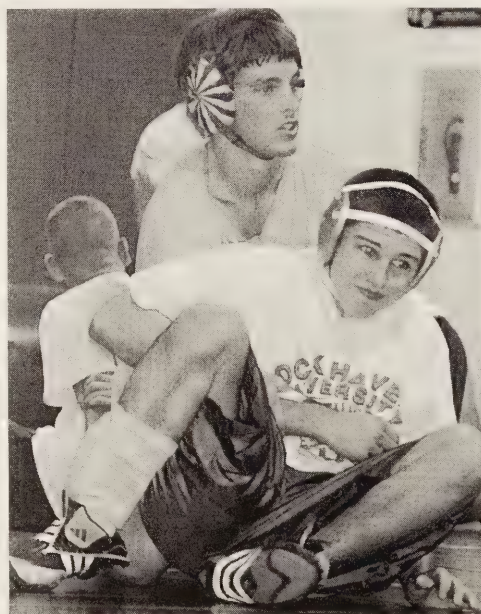
Opponent	We	They
Great Bridge	24	42
Tallwood	40	27
Western Branch	36	45
Lake Taylor	35	39
Deep Creek	60	21
Hammond	55	17
Western Branch	37	36
Hermitage	42	25
Bayside	70	6
Hickory	53	18
Christiansburg	34	33
Kellam	38	32
Robinson	39	30
Youngsville	36	33
Brentsville	57	24
North Stafford	46	19
Sherando	27	27
Culpeper	70	9
Stafford	64	12
Brooke Point	47	21
James Wood	46	21
Fauquier	54	21
Courtland	54	22
Atlee	57	12
South Lakes	64	4

Season Record: 20-3-1

Eagle Holiday Classic 4th Place
 "Beast of the East" Graham- 7th place
 Capitol Challenge 1st Place

Districts: 1st Place
 Regionals: 2nd Place
 State: 6th Place

Sit Down, Turn Around. Junior Kyle Graham starts to turn-in after a sit-out against junior Bruce Ross. Both Graham and Ross placed first place at the Districts and Regionals tournament. Graham placed second at the State tournament, and Ross took fourth.



Duck, Duck, Goose. Sophomore Scott Fisher practices a duck-under with junior Doug Kittell. Fisher placed first at Districts and second at Regionals, while Kittell took first at Districts and Regionals and fifth at States.

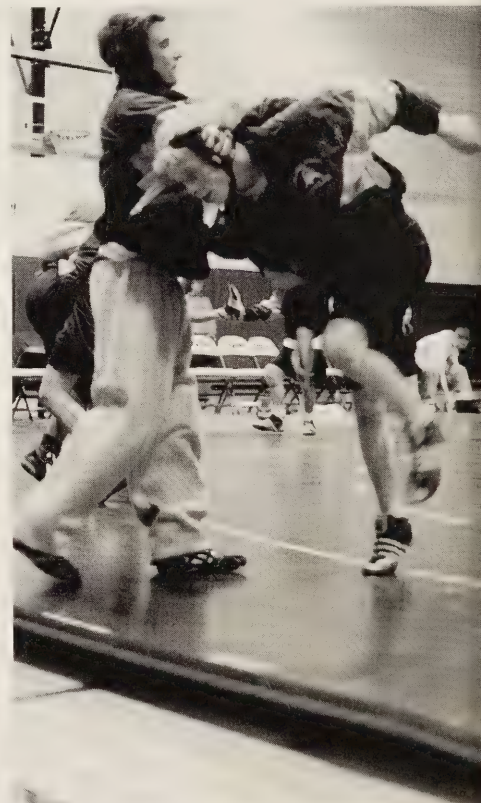


Photo by Brittany Trant

One Man Defeats One Hundred. During the first round of the District tournament, senior Chris Fulmer gets his Fauquier opponent in a mason tilt. After leading 11-0, Fulmer pinned his opponent in the second period, collecting the one hundredth win of his wrestling career.

Photo by Brittany Trant

Going All Three

By Brittany Trant

Districts. Regionals. States.

"We were expected to win, and we pretty much knew we were going to win," said freshman Brandon Lawn, who placed third at the Commonwealth District tournament.

The varsity wrestling team, who led the district all season, claimed the title with a score of 215.5 points, and advanced eleven wrestlers to the regional tournament.

At the Northwest Regional tournament, the team just missed the title, losing

to Franklin County by half a point.

Freshman Jay Chichester, who took first at districts and fourth at regionals, said, "I think we did pretty well, but we could've done better."

Even though they didn't win the region, the wrestlers made a strong showing at the AAA State Tournament. Seven of the fourteen wrestlers advanced to the final tournament, and four placed in the top six. The team ended their season with a sixth place finish in the state.



Sometimes They're Scared of You. Before a match against North Stafford, the fourteen wrestlers gather at center mat. The team defeated the Wolverines, who warmed-up to Britney Spears's song "Sometimes," and maintained control of the CF-NS trophy.

Predator and His Prey. At the District tournament, senior Daniel Wasson controls his opponent during his 18-0 victory. Wasson collected both the district and regional championship titles, and placed fifth at the State tournament before concluding his high school career.

Rolling. During the 119 pound match against visiting Herndon, freshman Ryan Hord tries to roll his opponent onto his back. Although he failed to get the pin, Hord won 18-7, adding four points to the team's score.

Upsy Daisy. Senior Dwayne Beach gets a North Stafford wrestler in a single leg. Beach scored two for the takedown in the 152 pound match. However, his opponent regained control and ultimately won the match.

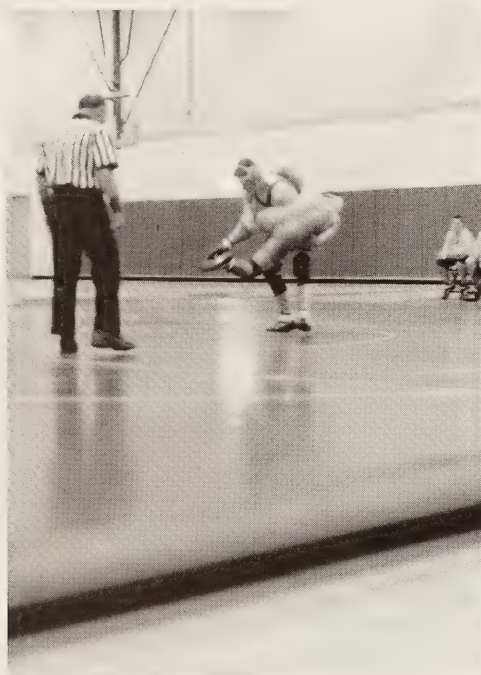


Photo by Brittany Train

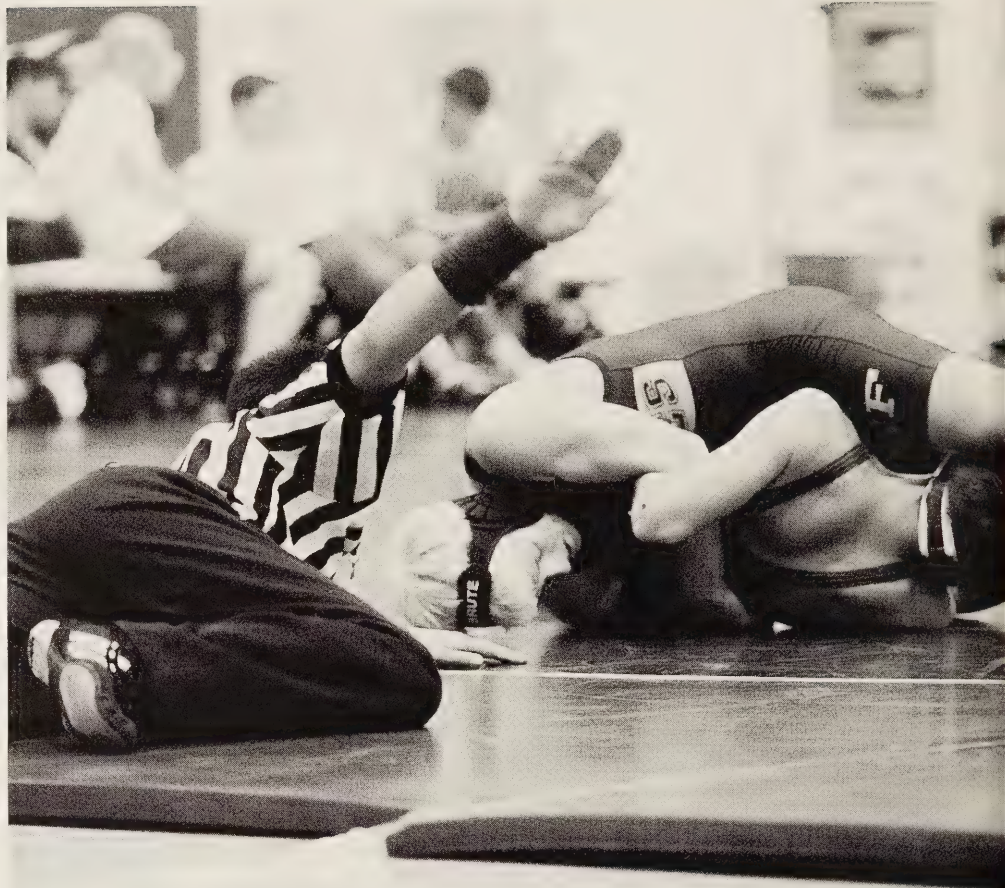


Photo by Brittany Train

Legs, Legs, Everywhere. Freshman John Crain uses a figure four on the head to control his opponent and score back points. Crain scored five points in the first thirty seconds, and was on the brink of scoring again when the Fairfax wrestler got hurt. Crain won the match by injury forfeit.



A Wrestling "Mat"ter

By Brittany Trant

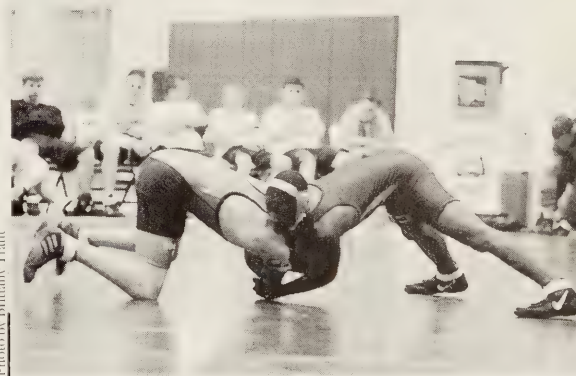
JV wrestlers take down their opponents



Photos by Brittany Trant

Escape Plan. Sophomore Ben Haas tries to escape from his Herndon opponent at the JV quad on January 17. Haas failed at the one-point escape, but he succeeded in getting a takedown with five seconds left in the second period, tying the score 2-2.

Locked Out. Freshman Charles Speels traps his opponent in a front headlock during the 125 pound match against Herndon. Speels didn't get the takedown, but he did get an escape in the first period, followed by another in the third period.



Photos by Brittany Trant

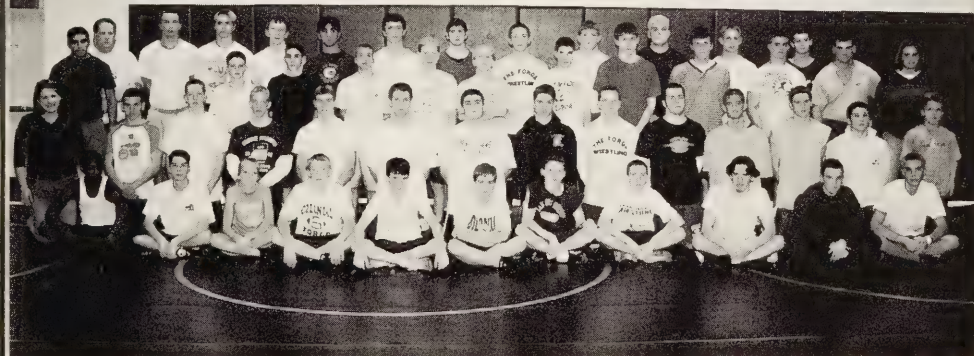
JV Wrestling

Opponent

Hayfield	Lost
North Stafford	Won
Gar-Field	Won
Herndon	Lost
Fairfax	Won
Brooke Point	Won

2nd Place JV District Duals

Total Team Record: 134-73



JV & Varsity Wrestling: Front row- Charles Speels, Travis Kelly, Julie Giles, Joshua Raubenolt, Justin Speelman, Tony Maina, Dane Vind, Brandon Lawn, Cruz Martinez, Paul Bleau, Chris Crawford; Second row- Jennie Fulmer (trainer), Ben Haas, Mike Dougherty, Scott Fisher, Travis Glass, Cameron Cox, Willie Johnson, Doug Kittell, Jack Zawora, A.J. Fales, Bruce Ross, Shannon Speelman, Kyle Graham, Casey Graham (manager); Third row- Coach Joe Pyanoe, Jared Boyd, Louie Udvari, John Crain, Andrew Reece, Ryan Hord, Jay Chichester, Tyler Godfrey, Dwayne Beach, Coach Mike Shannon, Coach Mark Black, Shannon Prom (manager); Fourth row- Coach Bill Swink, Chad Polliard, Brian Huddle, Evan Stribling, Kaveh Ghorbani, Justin Woodall, Dale Pellar, Kenny Bochert, Chris Fulmer, Chuck Brown, Daniel Wasson, Ted Leonard

Full Downs

By Randy Moore & Brittany Trant

Cheering in the face of danger

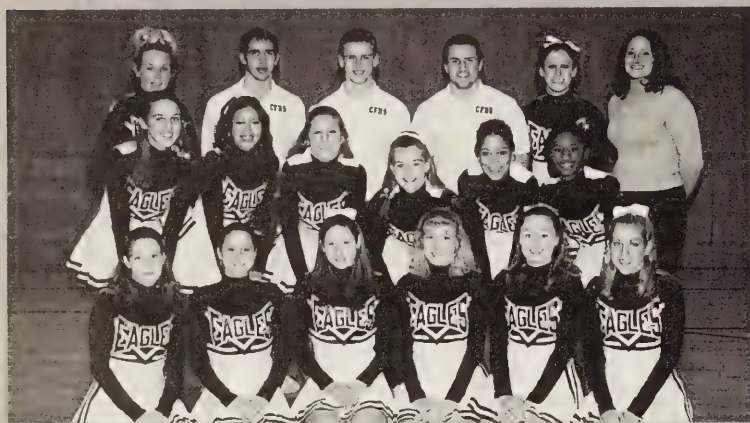
"Cradle . . . 1 . . . 2 . . ."
The adrenaline rushes, sweat drips, muscles strain and prayers are murmured, "Please don't fall, please don't fall! . . . oops!" That's one more injury to add to the ever-growing list.

Cheerleaders endured stress due to the risk of falling each time they performed a stunt. The possibility of injury was always lurking just around the corner, ready to strike any unsuspecting victim. This season alone, injuries such as concussions,

torn ligaments, and broken bones were all too common.

Both junior Renee Garrison and senior Becca Dudenhefer were injured during stunt practices. Garrison was left with a concussion, and Dudenhefer was temporarily hindered by a hairline fracture in her tailbone.

Despite the constant stress and danger of their sport, cheerleaders continued to support the teams and boost spirit at pep rallies and games.



Varsity Cheerleading: Front Row- Christina Clarke, Becca Dudenhefer, Chrissy Dodd, Stephanie Graham, Ashley Reeves, Lindsey Evans; Second row- Courtney Paskanik, Miriam Martin, Lauren Evans, Renee Garrison, Linda Wesley, Brandi Burton; Third row- Liz Sowers, John Irby, Scott Snider, Donnie Bochart, Joanne Gold, Coach Megan Pratt





Photo by Heather Benson

The Sting. On North Stafford turf, junior Brandi Burton hits a move known as the “Scorpion” during the basketball game. While in the stunt, Burton almost fell, but pushed off the wall to regain her balance, and complete the stunt, pointing to the opponents.



Photo by Heather Benson

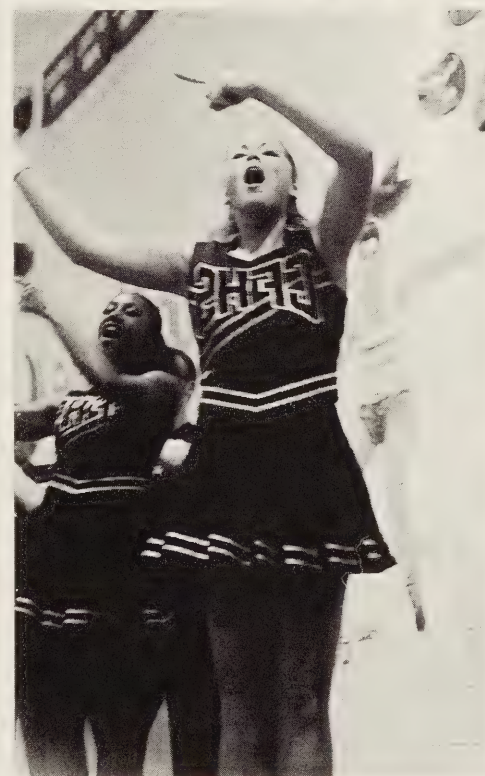


Photo by Heather Benson

Not Nice To Point. Pointing to the host North Stafford, sophomore Lauren Evans cheers, “Beat those wolverines!” The county rivalry was evident, even between the varsity cheerleading squads.

“We Say. . .” Surrounded by their squad members, junior Ashley Reeves and seniors Amy Kuchno and Lindsey Evans perform the “CF Eagles” cheer at a North Stafford game. The game spectators repeated lines of cheers after the cheerleaders.

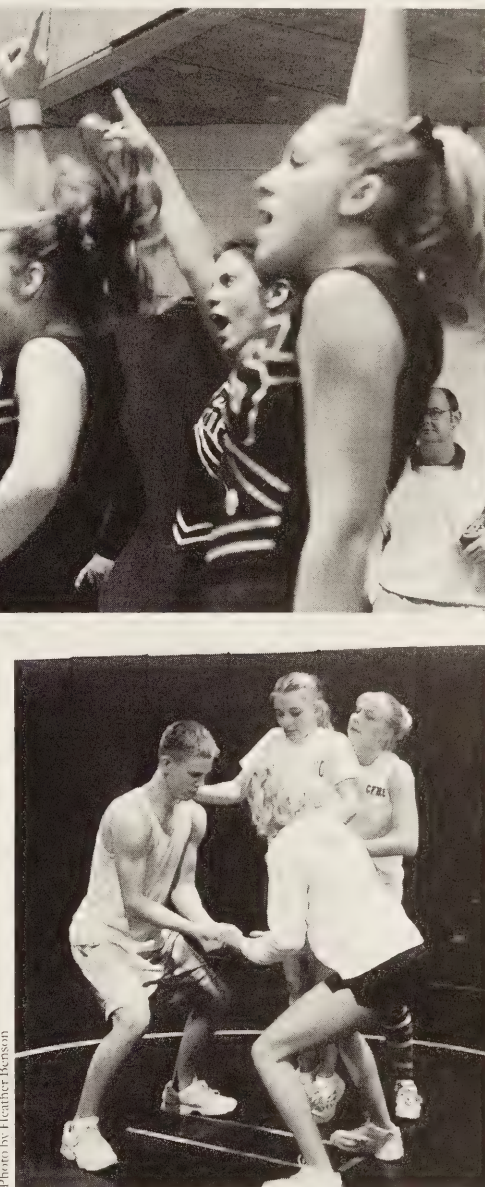


Photo by Heather Benson

Rocket Power. Senior Liz Sowers, and juniors Scott Snider and Stephanie Graham prepare to lift junior Renee Garrison into a bottle rocket. Garrison’s left leg was supported by her bases while her right leg kicked out in front.

Center Stage. The freshman cheerleading squad work center court during half-time of the freshman girls' basketball game against Culpeper. The ten member squad was limited to putting only one girl up per stunt because they didn't have enough spotters.

Pep Talk. Before a freshman basketball game the freshman cheerleaders warm up in the cafeteria. The ladies practiced a half, the only stunt the young squad was allowed to perform.



Photo by Ruth Martin

Photo by Ruth Martin



Freshman Cheerleading: Front row- Katie Newhart, Brittnee Elliott, Stephanie Coyle; Second row- Melissa Pettyjohn, Latricia Taylor, Chard Cobbs, Megan Roberts; Third row- Ashlea Parker, , Katie Hoehn, Christy Wiggins

Cradles and Highchairs

By Sarah Dye

Younger Squads Learn the Routine



Photo by Morgan Crandall



Half Time. Based by sophomores Leanne Argyle, Jillian Golas, and Ashleigh George, sophomore Cristie Varvaro performs a half. Halves were a standard stunt for the JV squad and were performed at JV football and basketball games.

Flip It. Sophomore Lindsay Donnell performs a back handspring during JV practice. Back handsprings required full extension of the arms so that the cheerleaders could have more force when they flipped around.



Photo by Morgan Crandall



JV Cheerleading: Front row- Karen Sybyl, Sarah Newport, Cristie Varvaro, Lindsay Donnell; Second row- Leanna Argyle, Nikki Dowling, Erin Phillips, Jillian Golas; Third row- Heather Downing, Ruth Martin, Eric Trott, Shannon Santiago, Beth Zinger

It's 2:17 pm. School is over. And instead of rushing home to sit down in front of the television, we were watching "The Little Mermaid" with the French Club and hanging up posters with SCA.

We found where we belonged. FBLA wasn't just a ticket to New York City. DECA was more than a day out of school to go to

more than... *membership*

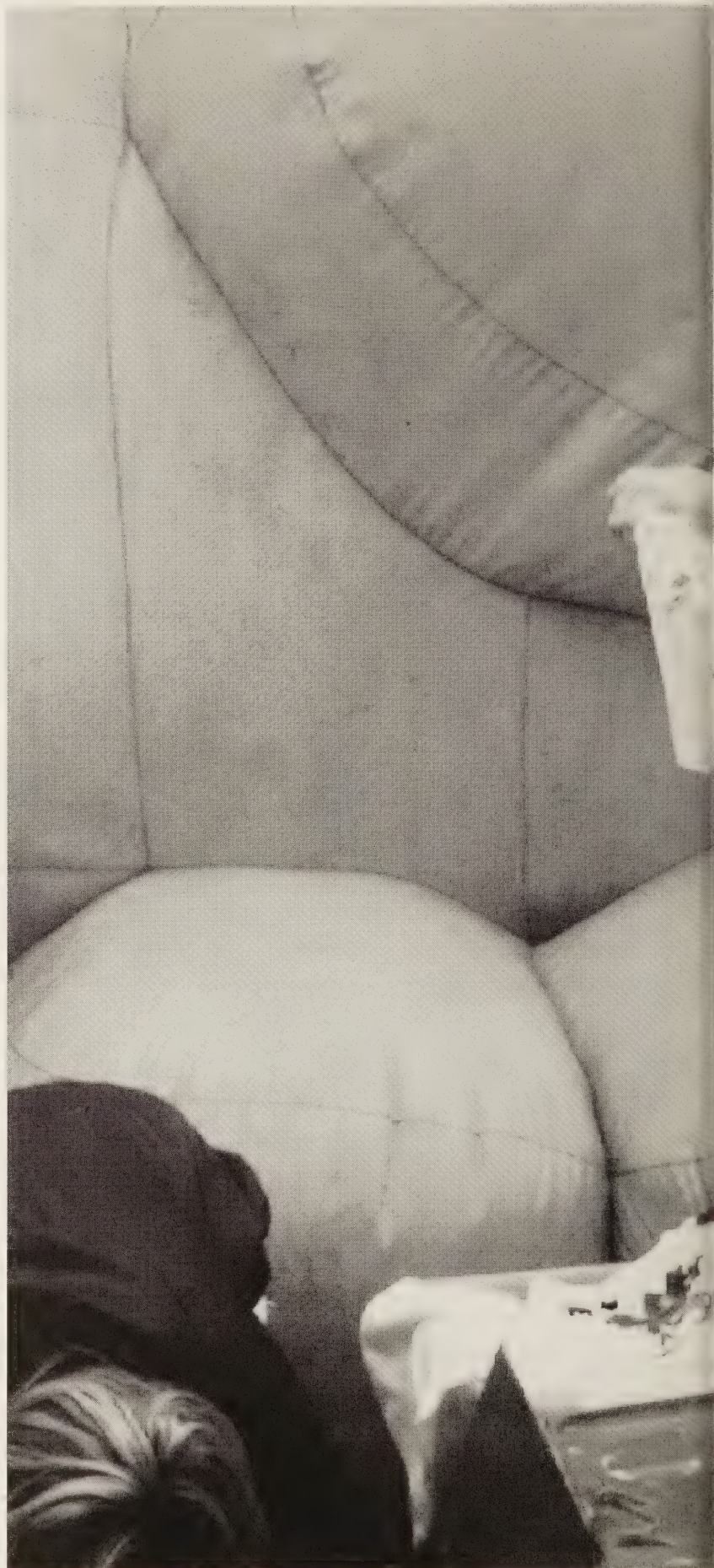
competition.

In the newly-formed clubs, such as Teen Reach, as well as the more familiar like the Science Club, we found students who shared our interests.

We didn't just pay our dues to have our picture taken for the yearbook. In return for our dues, we recieved enjoyment and a sense of satisfaction.

by Kelly Burcham

Service. At the Rappahanock Regional Duck Race on September 18, sophomore Alex Smith organizes t-shirts as a part of an Interact community service project. "I joined Interact because I wanted to help the community," Alex said. "I like that we are able to do activities with our friends while we help out."





Busy Bodies

by Joyce Owens

in action

Leading the pack and breaking down boundaries are only two qualities that the Student Council Association and Teen Reach shared. As SCA pulled to bring equality among the classes, Teen Reach worked to bring equality among the races.

Anyone can become a member of the SCA, but it took time and energy. "This school needs dedicated leaders and that's what I wanted to be," said junior Lauren Arroyo. The SCA worked to improve the overall high school experience for all students.

Teen Reach strode to break racial boundaries. "A lot of times boundaries are created out of fear, and fear is brought by ignorance. We're trying to educate people, breaking down boundaries," senior Jennifer Haas said.



Granny's Favorite. Senior Jennifer Haas and sophomores Colleen O'Hagan and Stephanie Russ watch "It's a Wonderful Life," during Teen Reach's Rockathon for charity.

Pump Up the Spirit. The week before Spirit Week, seniors Joanne Gold and Lindsey Evans hang a banner over the main staircase, telling the student body about the different themes for the week.

Reading the Signs. Learning basic American Sign Language as an experience in deaf culture, sophomore Paul Yelito signs the word book.

Gourmet Goop. At a Teen Reach meeting, freshman Kate Millbaugh stirs cake batter. The club prepared, cooked, and ate foods from different cultures.

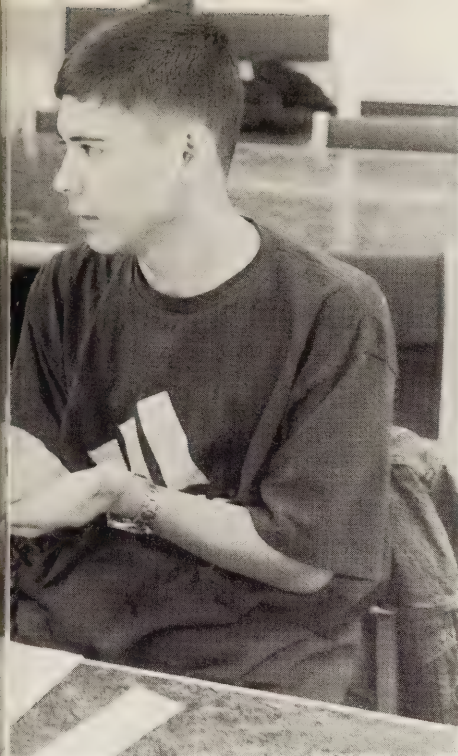


Photo by Yearbook staff



Photo by Kelly Burcham

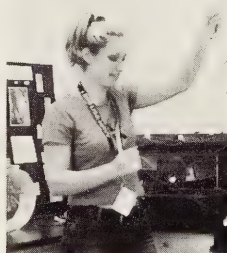
"I wanted to make Colonial Forge a better school by listening to the student body." -Sophomore Marcus Allen



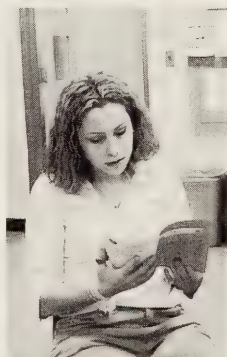
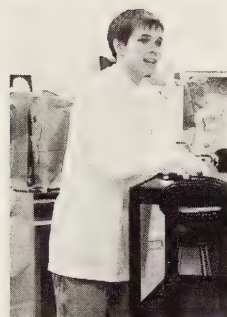
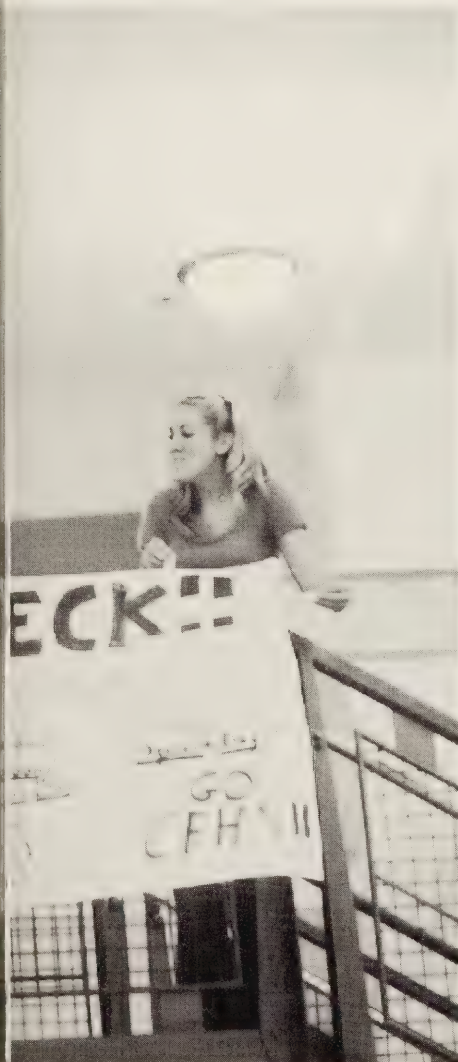
Picture rail from top to bottom: Senior Lindsay Evans sorts out canned food for a food drive; Sophomore Marcus Allen sits down for an SCA meeting; In preparation for the Newcoming dance, senior Joanne Gold separates twinkle lights; Senior Patrick Heck decorated turkey bags for an SCA-sponsored Thanksgiving food drive; Junior Lauren Arroyo reads a booklet concerning Parliamentary procedures.



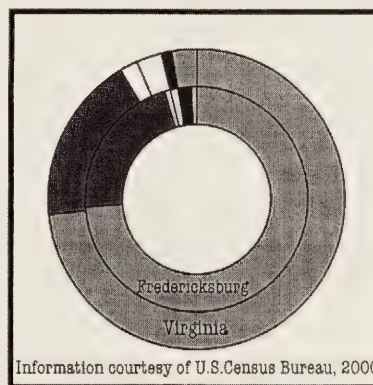
SCA & Class Officers: **Front Row:** Joanne Gold, Patrick Heck, Lindsey Evans, Lauren Arroyo **Second Row:** Kacie Shantz, Beth Williams, Nichole Jones, Lauren Griswold, Amber Romero, Lauren Evans, Stephanie Graham **Third Row:** Erin Rogers, Amie Steele, Sean Hill, Todd Winstanley, Claudia Medina, Jeffrey Young, Tony Levine, Michelle Fabie



Teen Reach: **Front Row:** Jennifer Haas, Lauren Arroyo, Majia Carpenter, Amy Jackson **Second Row:** Stephanie Seger, Stephanie Russ, Alex Smith **Third Row:** Paul Yelito, Colin Whitmore, Colleen O'Hagan, Jennifer Marietta



Virginia versus Fredericksburg
% Population per Ethnic Background



- Caucasian
- African-American
- American Indian / Eskimo / Aleut
- Asian / Pacific Islander
- Hispanic
- Other Race

"I like to make things happen. Community service has been such a huge part of my life." --Junior Lauren Arroyo

Picture rail from top to bottom: Sophomore Ben Johnson has a quick snack; Senior Erin Millbaugh checks supplies; Senior Mike McTighe gets prepared; Seniors Joanne Gold and Amy Kuchno hop into their canoes; Senior Adam Brownback cleans a canoe.



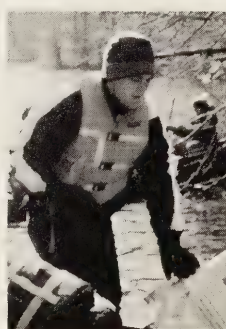
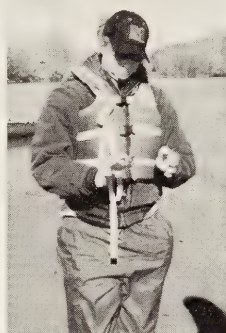
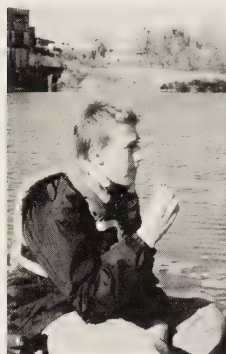
Environmental Club: Front Row: Mitch Nason, Jeffrey Young, Adam Garcia, Tony Levine **Second Row:** Erin Ridout, Surima Whitfield, Becca Dudenhefer, Taryn Brice, Beth Williams, Erica Riegger, Malise Tepera **Third Row:** Brooke Abernathy, Jenn Gold, Colleen O'Hagan, Ashlea Parker, Amanda Williams, Lauren Griswold, Holly Whitfield. **Back Row:** Jeff Males, Ben Johnson, Todd Winstanley, Ken McCabe, Adam Brownback, Danielle Sandoval, Amy Kuchno, Erin Millbaugh, Ashley Reeves, Lindsey Evans, Joanne Gold



Science: Front Row: Maggie Foster, Sarah Hamer **Back Row:** Ken Lee, John Hall, Jesse Shaffier, Jason Cowles



HOSA: Front Row: Jesscia Preston, Elizabeth Ferguson (Vice President), Renee Garrison (Secretary), Heather Morrow **Back Row:** Jami Raab, Jessica Bouchyard, Stephanie Graham (Treasurer), Jennifer Marrietta (President)





Lub-dub, Lub-dub. Freshmen Samantha Halstead and Heather Morrow check for life with their stethoscopes pressed against sophomore Lindsay Elie's chest. HOSA students learned techniques that doctor's use in basic check ups.

Joke On Mr. Bones. While learning about the positions of bones in the body, junior Renee Garrison laughs at a joke made by a fellow HOSA member.

Photo by Christine Wysocki

Photo by Christine Wysocki



"Geology is unique because it includes a wide array of sciences such as chemistry and biology." -Mr. Jim McCloud

Photo by Christine Wysocki

HELP! 9-1-1

Knowing how to perform CPR to save someone's life can be essential in an emergency.

- Check for responsiveness. Ask "Are you okay?"
- If there is no response, tilt the head back and listen for breathing.
- If there is no breathing, give two deep breaths within four seconds. Watch until the chest rises.
- Next, push down one and a half to two inches below the sternum fifteen times.
- Repeat until help arrives.

Spring fever. Junior Stephanie Graham learns how to properly take someone's temperature. HOSA members were taught how to care for people with symptoms like fever and coughs.

and washing up

Getting Dirty

by Joyce Owens

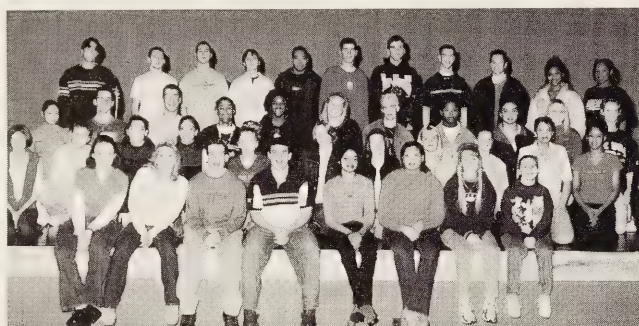
Have you ever thought much about washing your hands? "You have to practice washing your hands to help protect you from diseases," said HOSA member, junior Renee Garrison. Members also learned the correct way to remove contaminated gloves and administer CPR. Motives for membership vary. As junior Jennifer Marietta said, "HOSA helps to build foundations for health care." Junior Elizabeth Ferguson added, "You can even save someone's life."

Interested in rocks, minerals, and million dollar gems? With an earth-breaking start, Mr. Jim McCloud took the Science Club to Moorefield Mine, where they dug for gems and minerals. The most valuable gem was amethyst. What did the students think? "I wish I could do this more often," said senior Chris Garcia.

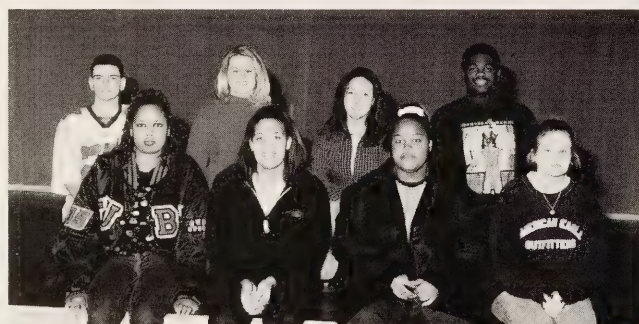
Picture rail from top to bottom: Freshman Tashanda Brown reads a cookie recipe; Junior Jesse Shaffier admires the results of his baking; Sophomore Shannan Reynolds samples her work; Freshman Sara Bergazzi measures flour and vanilla for a cake; Freshman Justin Woodall watches a friend put together a casserole.



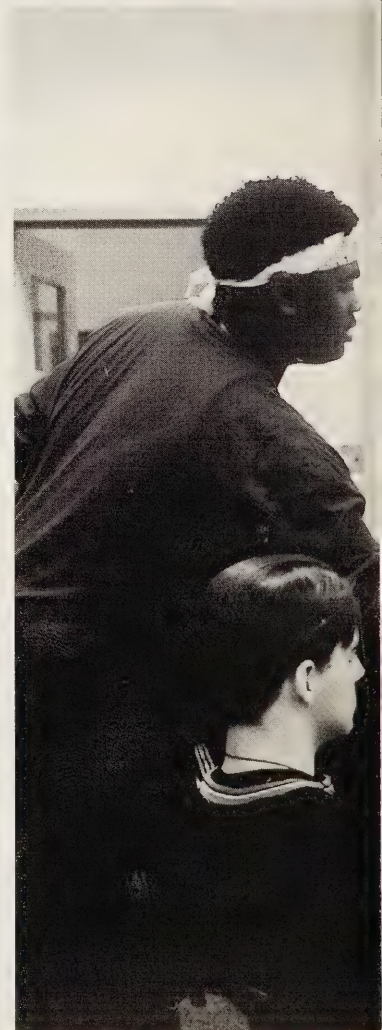
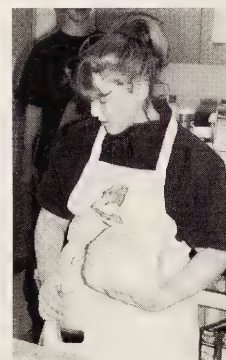
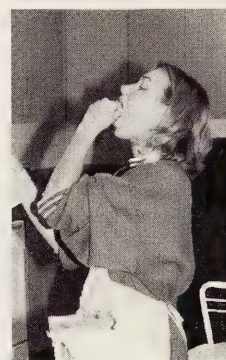
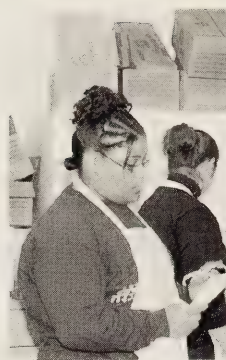
FCCLA: Front Row: April Angilletta, Cheyenne Yeagley, Shannan Reynolds **Back Row:** Kenneth Zahn, Kristen Hartman



DECA: Front Row: Dorothy Minter, Lacey Fisher, Chris Weaver, Mike Dozier, Ciara Williams, Tia Johnson, Kimberly Martin, Amanda Sprague **Second Row:** Ashley Taylor, Brandon Ballow, Roxanne Robinson, Ashley Adriano, Lauren Oien, Angela Williams, Shelia Hall, Crystal Culbertson, Mary Mattison, Kristina Keeler, Kynnette Whiting **Third Row:** Melissa Perez, Steven Weimer, Chuck Beech, Jeremy Tawar, Deangelo Barnes, Kristen Payne, Adam Stevens, Kimesha Brent, Anna Armington, Jessica Thompson, Kristin Lansdon **Back Row:** Chance Pennington, David Shuford, Jake Burrows, Jeremiah Poyck, Coy Nelson, Justin Suggs, Perry Ball, Brian McGee, Chris Cornett, Evelyn Williams, Lara Childs



DECA: Front Row: Dorothy Sharp, Michelle Bartenfelder, Majia Carpenter, Nina Anderson **Back Row:** Billy Hollenbach, Lauren Mooney, Kathlene Mendoza, Willie Miller



Trick or Treat. Seniors Kimberly Martin and Tia Johnson lead Halloween games at the American Legion. The event was held for local children who were unable to trick-or-treat around their residence.

What is Co-op?

"Co-op is when you get school credit for working at your job. It's cool because you can get out of school early if you take the business class."

--Senior Kathlene Mendoza

"I don't participate in it, but I think it's neat how they let students learn like that."

--Freshman Ben Hostetter

"I think some kids do co-op only because they can get out early. I don't agree with that too much."

--Junior Brandon Swecker

Photo courtesy of Mr. Fargo Wells



Photo by D. Segmund

Photo courtesy of Mr. Fargo Wells

their scope

Expanding

by Malise Tepera

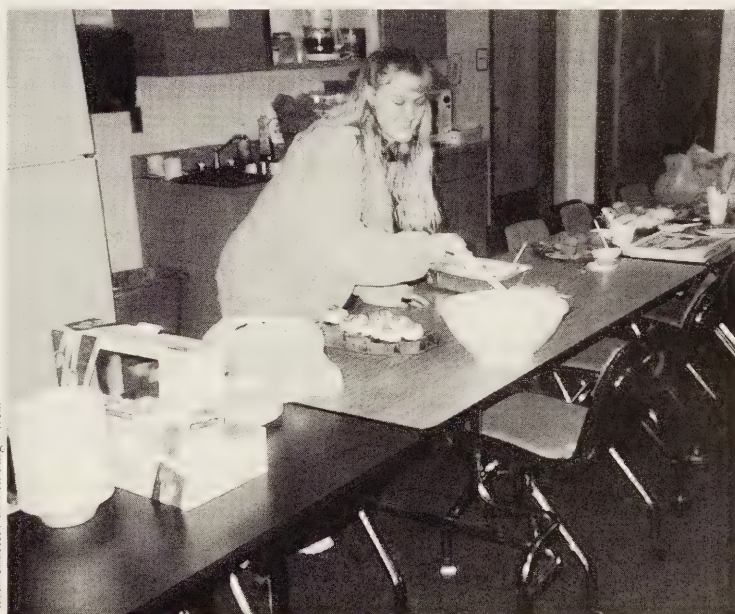
What is it going to take to be at the top in ten years?

Students looked ahead and found the answers in clubs such as FCCLA and DECA.

"America is all about business," said sophomore FCCLA member Kristen Hartman.

FCCLA, or the Family, Career, and Community Leaders of America, and DECA, an acronym for Distributive Education Clubs of America, educated themselves and others in career options. The clubs represented business and marketing students.

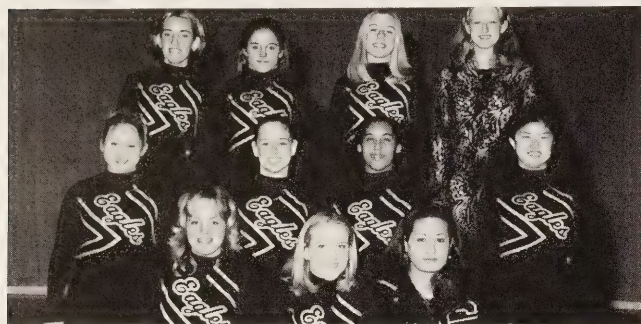
Students worked for the opportunity to participate in the State Competition for Marketing. Senior Kimberly Martin, president of DECA, said, "We are a very fast paced and competitive club."



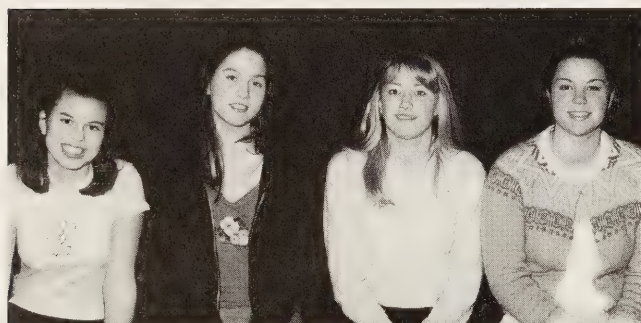
Well-Deserved Punch. At an appreciation breakfast, senior Kimberly Martin, DECA president, stirs the punch before the teachers arrive.

Flipping in Style. At a DECA-sponsored teacher breakfast on a teacher workday in November, seniors R.J. Cote and Willie Miller watch senior David Shuford make pancakes. R.J. was among the winners in the local DECA competition.

Picture rail from top to bottom: Junior Ashley Schneider practices a high kick; Freshman Courtney Baltzelle performs her routine; Sophomore Jessica Bair pumps her arms; Freshman Ashley Wells performs a move called the T-form; Freshman Danielle Buchanan's skirt twirls as she whips around.



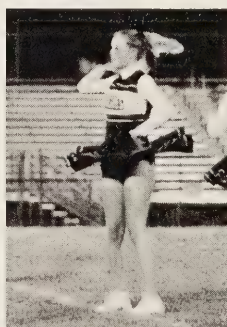
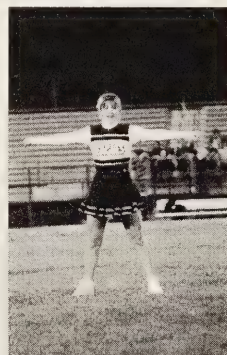
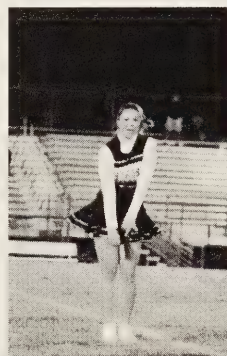
Varsity Dance Team: Front Row: Elizabeth Talbert (Co-Captain), Christa Cregger (Captain), Megan Well (Co-Captain)
Second Row: Christina DeSanto, Jessica Purshock, Ashley Schatz, Suzi Wiley
Back Row: Nicole Norfolk, Lindsey Kime, Lauren King, Alison Blake

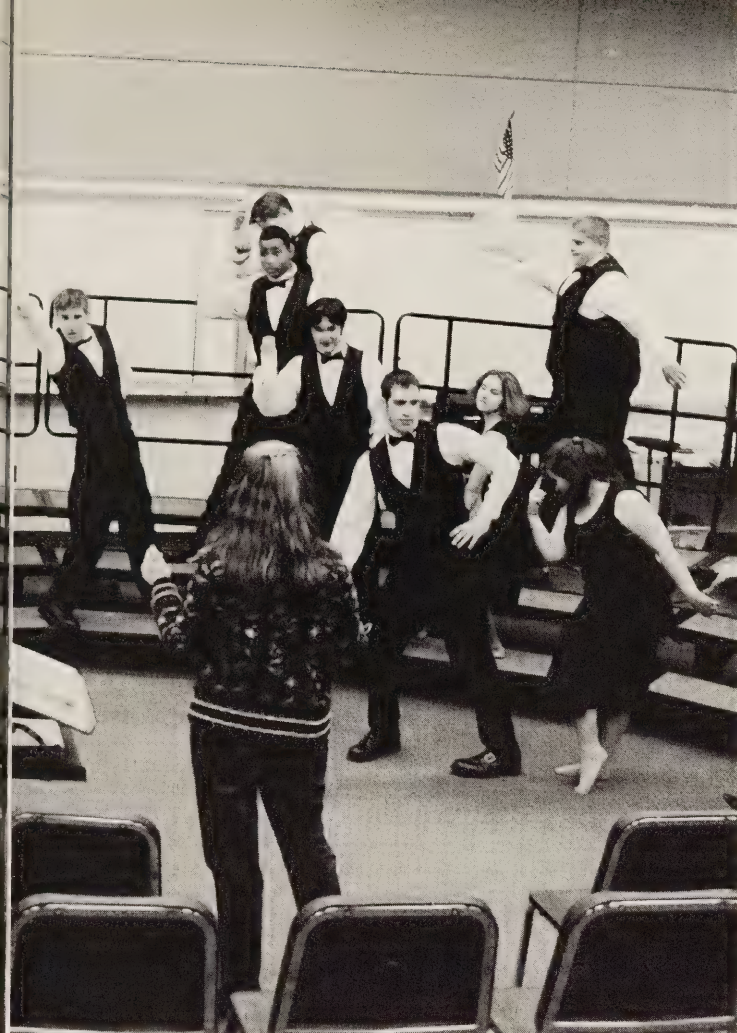


Junior Varsity Dance Team: Front Row: Stephanie Seger, Paula McLeese, Christina Turner, Jessica Bair



Select Choir: Front Row: Alyssa Townsend, Jonathan Hoffman, Amy Wolf, Leigh Johnston, Calvin Crosby, Beth Williams, Sarah Hall
Second Row: Heather Glasgow, Heather Benson, Lauren Arroyo, Michelle Landrum, Jennifer Hodges, Natalie Reck
Back Row: Daryl Sakach, Adam Wiederman, Anthony Kane, Mimi Preda, Allan Paquette, Travis Benson





Strike a Pose. The Select Choir performs "It Don't Mean A Thing" in the Chorus room under the direction of Mrs. Barbara Perry. During the performance, the choir used hats for emphasis. However, during rehearsals, they only pretended to be using them in order to keep the props in good condition.

Grand Finale. The varsity dance team strikes a final pose for their halftime show at the Newcoming football game.



Photo by Jessica Giles

Photo by Bridget Cepurakas

With their

by Heather Benson

dancing feet

Practice makes perfect, huh?

"I hate going to rehearsal in the morning, but when we look and sound so good, it makes it all worth it," said sophomore Travis Benson, member of Select Choir.

The Select Choir rehearsed at seven o'clock am, practicing their music and choreography.

"It's confusing, learning all the steps and harmonizing with the people around you at the same time," sophomore Amy Wolf said.

Members of the Dance Team related.

"You get lost sometimes. All these new steps are thrown at you, and you have to try to remember them and then get good at them," said sophomore Laurie Miller.

Both performance groups felt as though the practice was worth it. "The practices are hard, and you get sore," sophomore Lindsay Kime said, "but it pays off when we perform."

Photo by Tara Roe



Hats Off. At an after-school practice, the Select Choir rehearses choreography for the competition at Lee-Davis High School on March 24.

On Bended Knee. As part of their choreography for the song "Rockin' Pneumonia," junior Josh Smith falls to one knee in front of junior Jennifer Hodges and begs.

Shoe Sizes

From a poll of 200 students. . .

	<u>Girls</u>	<u>Boys</u>
<i>Largest</i>	12	15
<i>Smallest</i>	3.5	7
<i>Average</i>	8	11

Photo by Tara Roe

"Our focus is on energy and effort, not experience." -Sophomore Ashlee Wells

Marching to their own beat

by Heather Benson

Members of the award-winning marching band, the Forge Sound, took a new approach this year. Their music had more meaning. "It's not just peppy," said freshman Laura Rohrenbach.

Combining accessories from flags to hand drums, a feature drum break, costumes, and choreography, with what junior Mike Lavoie called "the hardest music in all Northern Virginia," the marching band earned high ratings in every category at the four competitions they attended.

Why were they so successful? According to freshman David Todd, "He [Mr. Andrew Loft] drills things, pushes us to the farthest extent, and then makes us go even farther." Sophomore Alesha Crosby added that motivation for members came from within as well. "If you don't attend, the whole band could fail."

Trashing traditional styles but keeping good old work habits made a new Sound.

Multi-talented. With six years of experience in band, junior Josh Smith performs a solo on the soprano saxophone. Josh played seven instruments, ranging from the clarinet to the flute.

Braided Beauties. The colorguard takes the field at a dress rehearsal. They performed with the band at every competition, earning a third place at Stafford.



Photo by Heather Benson

Photo by Heather Benson

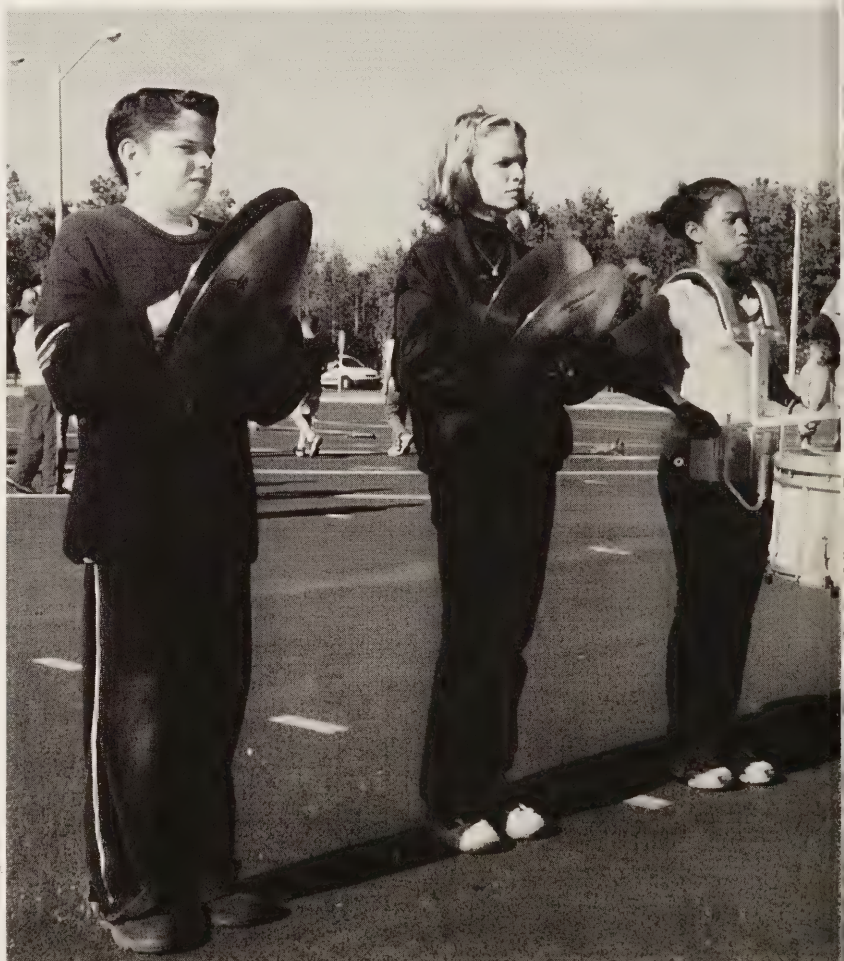


Photo by Heather Benson

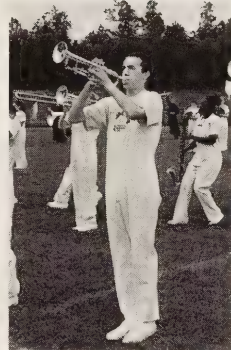
Bring in the Noise. At the "Under the Lights" competition at Spotsylvania, the percussionists beat a steady rhythm. The drumline won numerous awards in competition.

For the Nth Time. Percussionists keep the beat while the rest of the band goes through their paces at Thursday afternoon's rehearsal in preparation for the Newcoming halftime show.

Photo by D. Siegmund



"Left foot to the sky. Right foot to the sky. That's the secret tonight, that's the secret tonight." - Mr. Andrew Loft



Picture rail from top to bottom: Sophomore Janis Holcombe stretches before a competition; Sophomore Matthew Bretthauer rehearses before his performance; Junior Heather Shelton plays a solo on her piccolo; Sophomore Joe Dylan keeps the beat with his snare drum; Senior drum major Jason Holder keeps the beat, directs the Sound..

WORDS TO MARCH BY

Parade rest

Stand with feet shoulder width apart,
hands at side, and head down.

Horns up

Bring instruments to playing position.

About face

Perfrom a 180 degree turn.

Order arms

Stand with one hand holding the flag
down while the other remains at side.

8 to 5

Take 8 steps within 5 yards.



Front row: Michelle Canterbury, Cheyanna Hall, Julie Wiser, Kim Simpson, Nina Smith, Laura Rohrenbach, Jessica Vind, Rachel Arnot, Janis Holcombe, Christine Wysoki, Jessica Reynolds, Nichelle Grabowski, Kristin Parisi. **Second row:** Tyler Cambell, Brianna Locket, Paige Bowden, Natasha Glover, Rachel Burdsal, Kristin Hartway, Nicole Wisniewski, Alesha Crosby, Alisha Ellis, Becca Kern, Pauline Wade, Melanie Feagan, Catherine Tepera. **Third row:** Mark Molter, Eric Huzar, Travis Cambell, Chaz Ross, Matt Neundorfer, Frank Masters, Matt Bretthauer, Jacob Cofer, Trevor Crews, Ashley Mast, Jinean Carabai, Heather Marlow, Amanda Sprague, Surima Whitfield. **Fourth row:** Jason Brown, Kyle Speight, Ryuichi Walker, Will Neundorfer, Ben Smith, Mark Gverrieri, Jessica Illes, Carol Deaver, Brandon Rocker, Kerri Wood, Josh Smith, Breon Wells, Brad Lavoie. **Fifth row:** Stephanie Barret, Stephanie Holder, Travis Benson, Joe Dillon, Kenny Shifflett, Mike Lavoie, Morton Hansen, Paul Melnyk, Davy Stiefel, David Todd, Anthony Kane, Jamal Matthews.

"Toes, head, and carriage . . . that's what we need tonight." - Mr. Andrew Loft

"Dressing up for FBLA looks professional. We do it so people will ask why we dressed up. It's to encourage

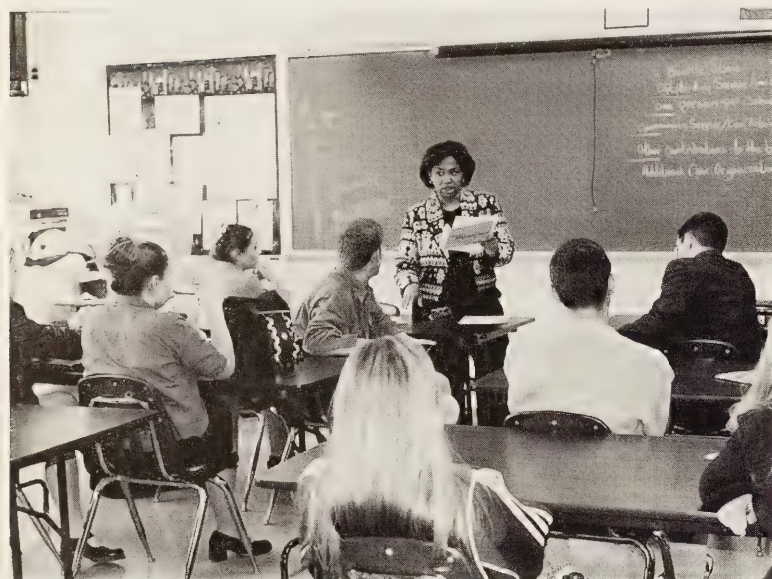
Hook It Up. Senior Nick Zumwalt hooks up audio-visual equipment in the technology classroom. Many club members enjoyed using the electronic equipment.

Road Trip. FBLA sponsor, Ms. Deborah Ingram speaks to members about planning and raising funds for a trip to New York City.

Photo by Yearbook Staff



Photo by Yearbook Staff



yourfuture.com

by Heather Benson

Web design and computers are the focus of the members of TSA. The Technology Students of America spoke their own language, literally. Primarily, they used html, but other languages, including flash, perl, and ttp, were used to create web pages. Sophomore Paul Yelito said, "I learned basic html. It was easy to learn and understand." Members created and updated the school's site. They had jobs from creating activity pages to editing spelling and grammar. "I update the site as much as I can," sophomore Chuck Fitzgerald said.

Many TSA members were in a technology class, but to be in the FBLA, students had to take a business class. Many of these future business leaders wanted to be or already were entrepreneurs. Senior Carl Nasal said, "It's a challenge in which you can learn new things."

Between technology and business, these students had their futures planned out.

Photo by Yearbook Staff



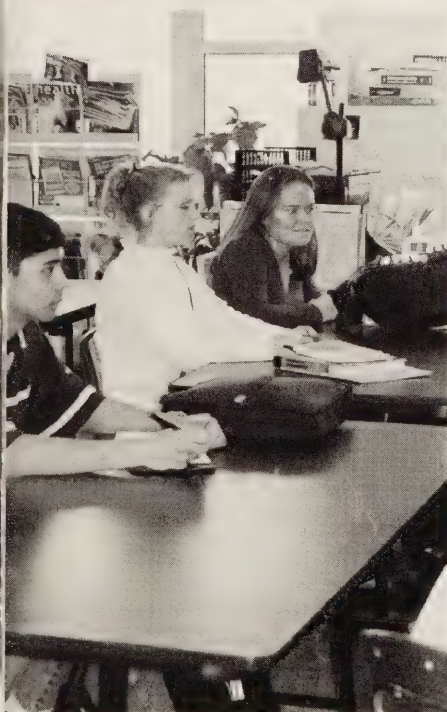
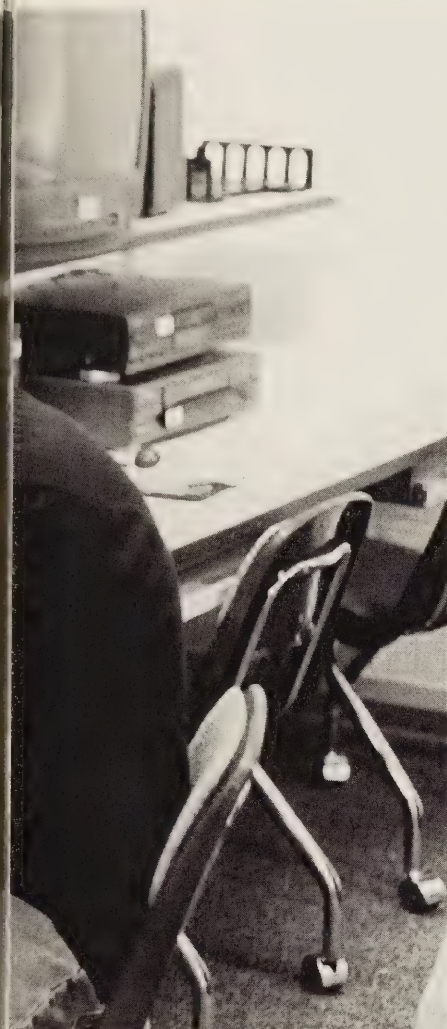
Photo by Yearbook Staff

Spiderwoman. Junior Jamie Lee Edwards designs a web page in TSA. "It's an interesting club," Jamie said.

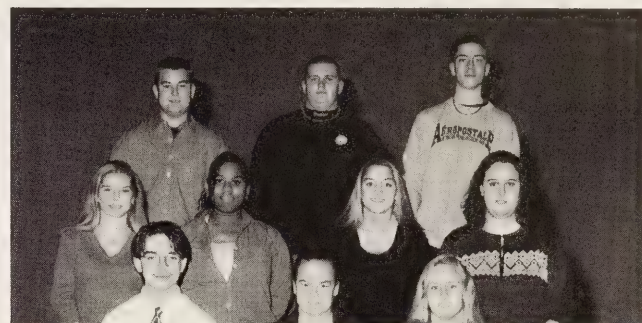
Food For Funds. Sophomore Paul Yelito, and juniors Erica Goodrich and Shari Korth listen to a discussion on selling Virginia Diner products, like peanuts and chocolate, for a fundraiser.

W W W

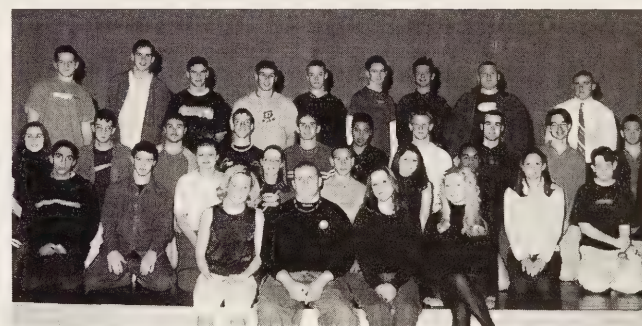
membership, and additionally it prepares you for appropriate business attire in the future.” –Junior Kristin Hoffman



Picture rail from top to bottom. Senior Alec Stone works on a video clip; Sophomore Chuck Fitzgerald asks for volunteers at a TSA meeting; Seniors Liz Sowers and Heather Glasgow listen to sophomore Chuck Fitzgerald's announcements of activities; Senior Amy Kuchno listens to Mr. Paul Lerner; Sophomore Chris Rule observes senior Alec Stone's technical manipulations.



FBLA: Front row: Carl Nasal (Parliamentarian), Shari Korth (Secretary), Julie Ross (Historian) **Second Row:** Lindsay Donnell, Dominique Mackey, Raelynn Johnson, Kristin Hoffman **Third Row:** Ken Lee, Jeff Males, Blake Wood



TSA: Front Row: Elizabeth Sowers (Historian), Jeff Males (Treasurer), Mandi Mullens (Vice President), Heather Glasgow (Secretary) **Second Row:** Ashkon Bihanta, Kristopher Nash, Danielle Turner, Katherine Ross, Matt Serbinski, Jamie Edwards, Makius Carabai, Amy Kuchno, Blake Reheiser **Third Row:** Taryn Brice, Mark Molter, Paul Maldonado, Kenneth Zahn, Tim Pote, Alex Stone, Brian Nesler, Nick Zumwalt, Carl Nasal, Jack Stobin **Fourth Row:** Daniel Kistner, Garrison Rule, J.J. Buchness, Gabe Hippeard, Rich Beland, Adam Phillips, Paul Lerner, Brain McNulty, Mitch Nason

"Knowing my knowledge was able to help students has been great." -Carl Nasal (12)

Two for One. Raising both of his hands, sophomore Glenn Dye votes for Teacher of the Month. Each month, members nominated teachers from a certain department in the school to be the Teacher of the Month and the club votes on the nominees.

Ears Open. At the February meeting, newly inducted members listen to officers talk about upcoming service projects. Members were inducted in January, doubling the size of the club.



Photo by D. Siegmund

Photo by D. Siegmund

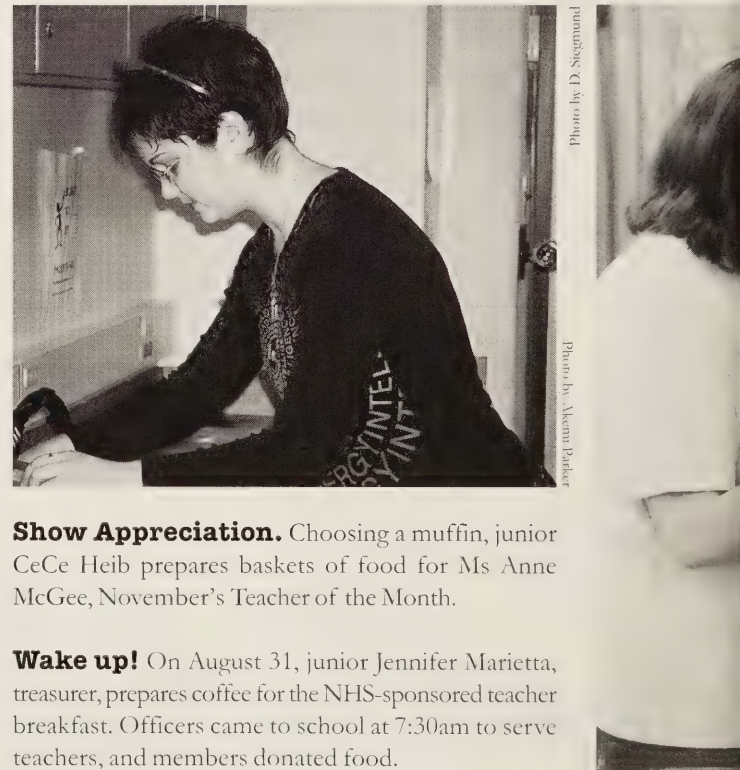
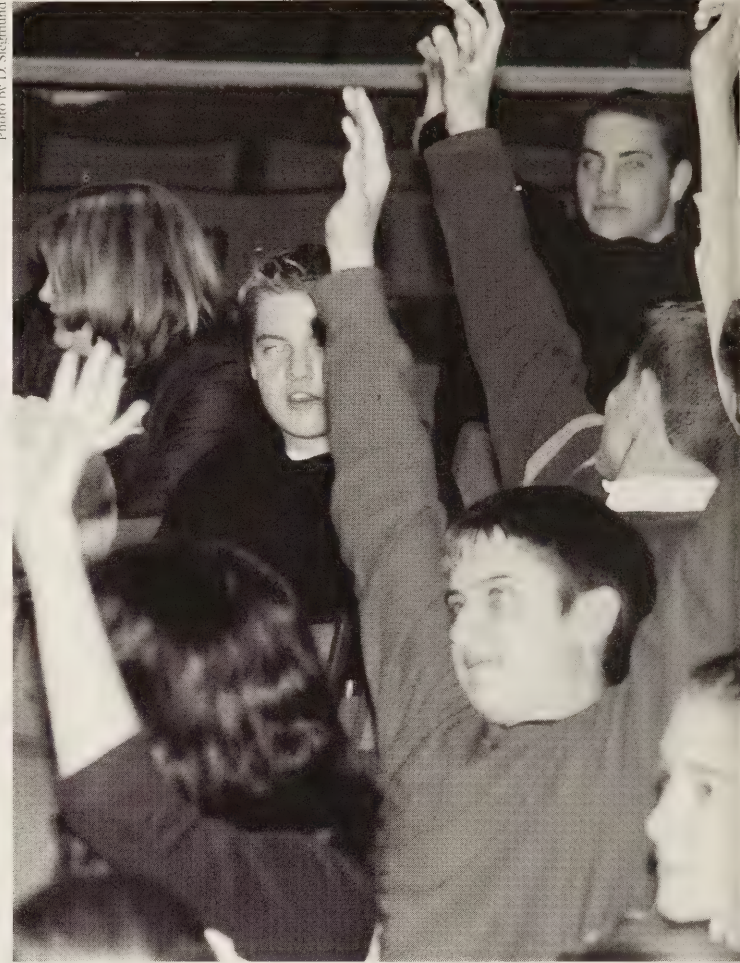


Photo by D. Siegmund

Photo by Akemi Parker

to their name

There's more

by Akemi Parker

An opportunity to give back to the school and community, a friendly environment full of people with similar goals, an additional activity to put on college applications. These were just a few benefits of being a member of the National Honor Society.

Members enjoyed participating in community service the most. "Providing service to those less fortunate is rewarding," said junior Kelly Shaw.

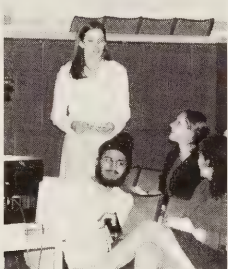
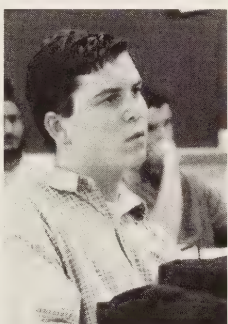
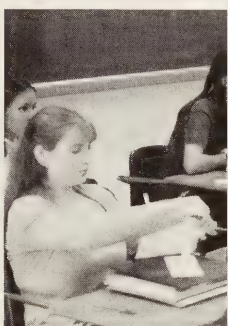
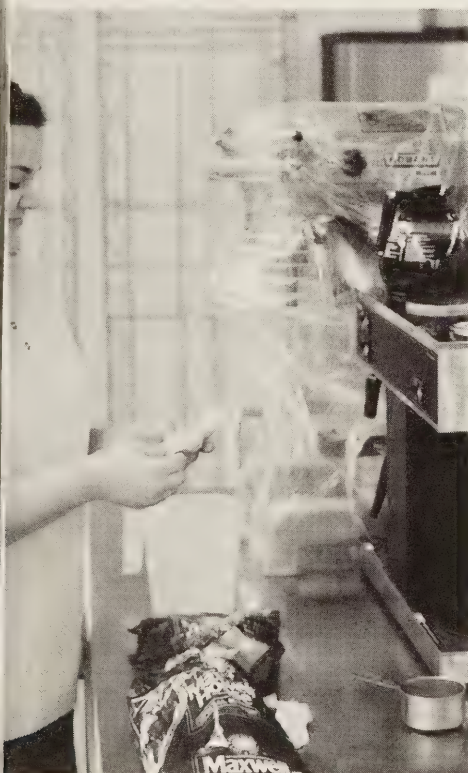
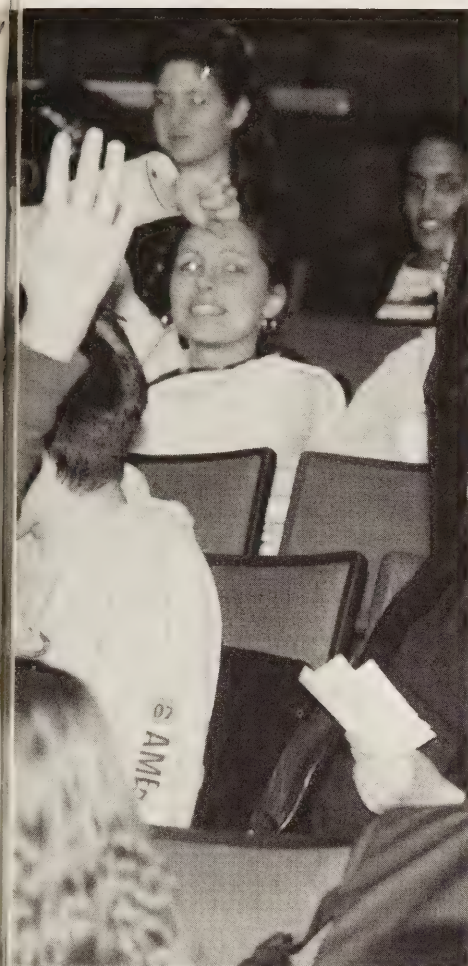
Giving to those who needed extra help wasn't the only thing members did. "I participated in the Chesapeake Bay planting," said junior Anthony Kane.

So despite rumors that the Honor Society was only for "smart people", junior Sarah Hamer disagreed. "It's not about getting good grades," Sarah said. Members devoted much of their energy into one of the Honor Society's main purposes: to render services.

Show Appreciation. Choosing a muffin, junior CeCe Heib prepares baskets of food for Ms Anne McGee, November's Teacher of the Month.

Wake up! On August 31, junior Jennifer Marietta, treasurer, prepares coffee for the NHS-sponsored teacher breakfast. Officers came to school at 7:30am to serve teachers, and members donated food.

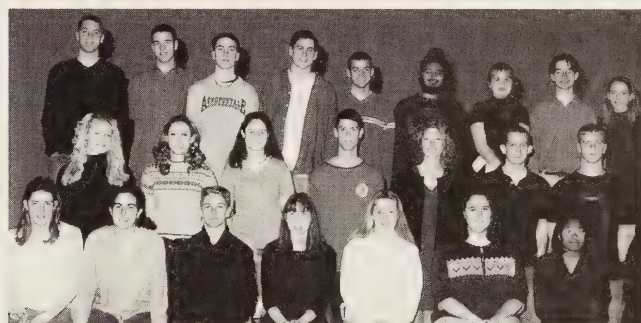
"The Honor Society puts more responsibility on its members that most clubs don't." -Sarah Hamer (12)



Picture rail from top to bottom: Junior Michelle Landrum listens to a financial report at a meeting. Senior Michelle Durbin organizes her service point slips. Senior Garrison Rule listens in on NHS announcements. Senior Amy Kuchno speaks on behalf of a Student of the Month nominee. At the January meeting, senior Nicole Fowler tells why she feels Mr. Ken Yealy deserves to be Teacher of the Month.



Front row: Brittany Trant (President), Mitch Nason (Vice President), Akemi Parker (Secretary), Jennifer Marietta (Treasurer) **Middle Row:** Mike Hickman, Kelly Shaw, Michelle Durbin, Nichole Jones, Beth Williams, Laura Trigger, Surima Whitfield **Back Row:** Shannon Mudd, Lindsey Evans, Stephanie Graham, Malise Tepera, Lauren Griswold, CeCe Hibe, Sarah Bland, Catherine Ross



Front Row: Heather Benson, Jason Holder, Michelle Landrun, Brooke Abernathy, Kristin Hoffman, Nicole Fowler **Second Row:** Heather Glasgow, Joanne Gold, Catherine Meadows, Phil Delwiche, Michelle Fabie, Mike Gillies, Jeffrey Young **Third Row:** Chad Jarboe, Brad Snyder, Blake Wood, Garrison Rule, Anthony Kane, Tejdev Sandhu, Christine Wysocki, Carl Nasal, Beth Zinger

Honor Society Pep Rally?

For the first time, NHS organized the Newcoming Pep Rally and here are the comments on their performance:

"The tug of war was different and it let people show their school spirit." -Senior Todd Curtis

"The pep rally was really loud and cheerful."

-Freshman Jessica Reynolds

"I thought it was well done. It was great to see the underclassmen get into it."

-Miss Megan Pratt

Picture rail from top to bottom. A creative art project by Nicki Neubert; A wall mural painted by the club near the locker rooms; A sign promoting the NAHS donut sale to help finance future projects; A light exposure painting by Chrissy Dodd; A craft flower made of broken CDs by Jennie Thomas.



Front Row: Christina Senter, Chrissy Dodd, Jennie Thomas
Second Row: Julie Giles, Nicki Neubert, Jillian Golas, Jessica Reynolds, Heather Unger, Andrea Maltresse
Third Row: Lily Miranda, Mat Smith, Shannon Mudd, Aljay Kivlehan, Scott Virden
Back Row: Morgan Crandall, Emily Mathusa, Danielle Sandoval, Ben Johnson.

Will Paint for Money

Many NAHS members plan on going into art as a career. Some of these jobs are . . .

Graphic Designer or Artist

Designs advertisements, magazine layouts, or other published media

Industrial Designer

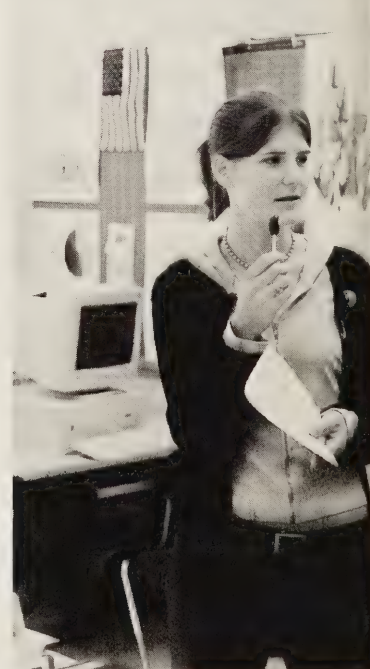
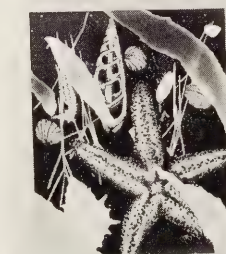
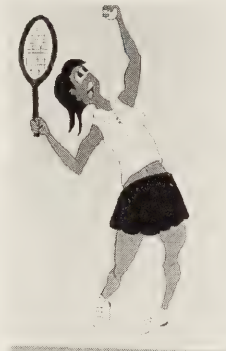
Designs toys

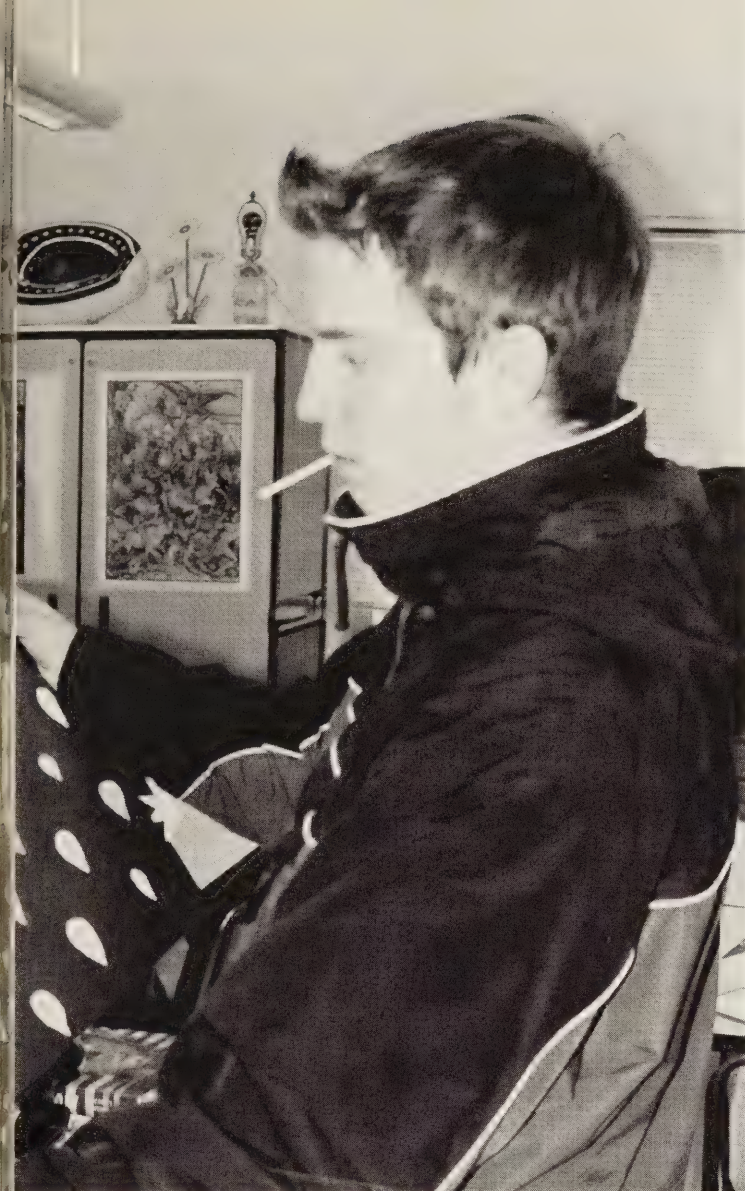
Interior Decorator

Decorates homes, businesses, and restaurants

Fashion designer

Designs clothing





Finding an Inspiration. Senior Mat Smith examines an art piece that illustrates the range of colors in the color spectrum.

Just Imagine. Closing her eyes to simulate a dark-room, senior Nicki Neubert, transfers film from its canister to a reel. "The film always got caught, so it took me almost two class periods to finish rolling film," Nicki said.

Photo by Morgan Crandall



Photo by Morgan Crandall

Painting for life

by Brigid Cepauskas

National Art Honor Society members have been incorporating art into their lives for years. "I was always doodling on something when I was younger, and it just stuck with me," said senior Mat Smith.

Having fond memories of art in their childhoods, members did not have a hard time coming up with ideas for the background of the Newcoming pictures. "The theme was Age of Innocence, so I thought of nursery rhymes and playing outside," said sophomore Ben Johnson.

Art members were required to do community service as well. "I get to paint faces for children at carnivals," said senior Jennie Thomas. Another endeavor members took on was painting windows for Kiddin' Around Daycare.

Art for many members would not stop after high school. Several members of the NAHS planned to pursue art-related jobs after completing school.

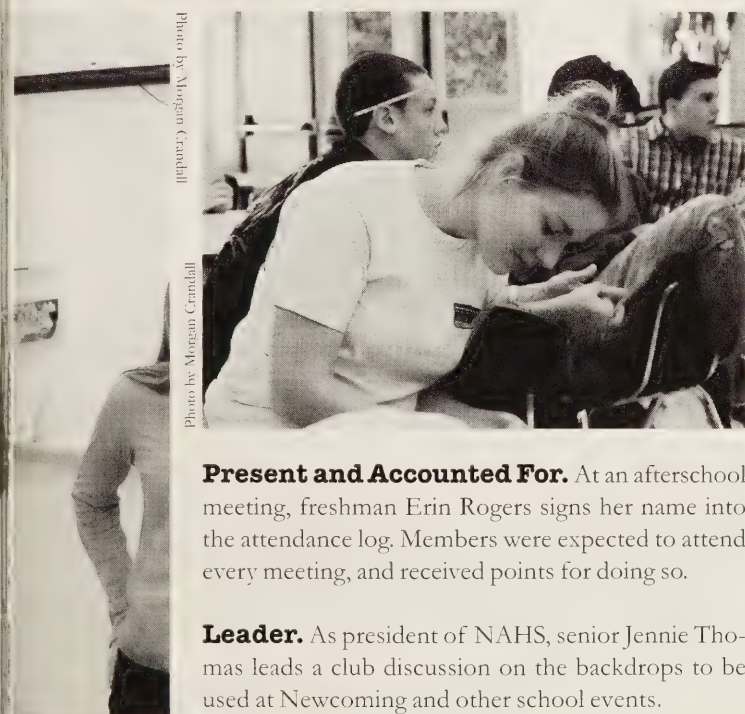


Photo by Morgan Crandall

Photo by Morgan Crandall

Present and Accounted For. At an afterschool meeting, freshman Erin Rogers signs her name into the attendance log. Members were expected to attend every meeting, and received points for doing so.

Leader. As president of NAHS, senior Jennie Thomas leads a club discussion on the backdrops to be used at Newcoming and other school events.

with a smile

Extracurricular activities for some students consisted of signing up, paying dues, and posing for the group picture. However, the same scenario was not true for members of the Interact Club and Students Serving Stafford. Interact member, junior Travis Campbell said, "I want to help out the community and do good for others."

Sponsored by Stafford's Rotary Club, the Interact Club was a nationwide organization aimed at aiding the community. Each member logged in ten hours of community service per semester,

SSS provided a chance for students to earn academic credits while doing community service. "We do things like volunteer at nursing homes or tutor while getting credits for it," said sophomore April Angiletta.

Rubber Ducky, You're the One. Sophomore Alex Smith was one Interact member who sold t-shirts and rubber ducks at the Rappahanock Regional Duck Race. Interact worked with the Stafford Rotary to raise money for Habitat for Humanity.

Finding the Funds

The Interact Club helped raise money for several organizations, including:

American Cancer Society: \$1,000
Hope House: \$250
Thrumman Brisbane Homeless Shelter: \$250
Salvation Army: \$1,200

Total: \$2,650

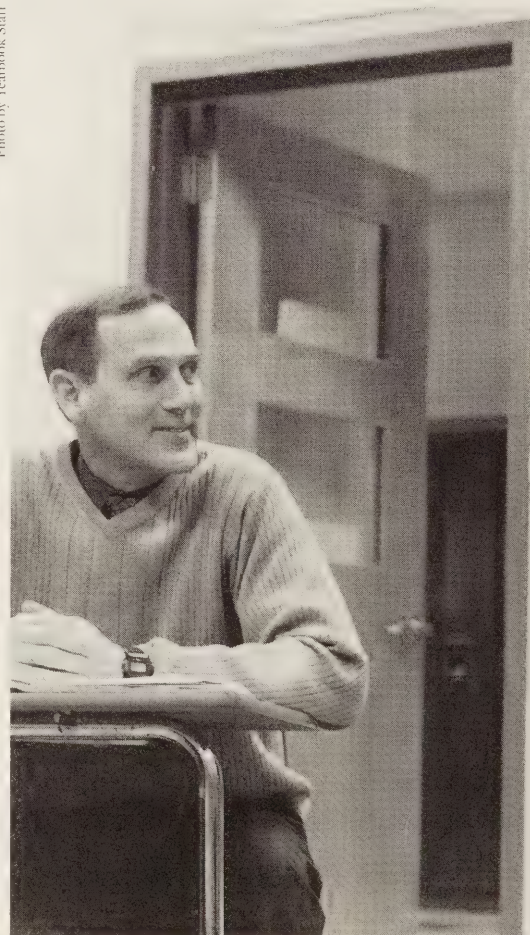


Charitable Carolers. Outside Wal-Mart, freshmen Claudia Medina and Jenny Sandler and sophomore Colleen O'Hagan sing Christmas carols for Interact to raise money for the Salvation Army.

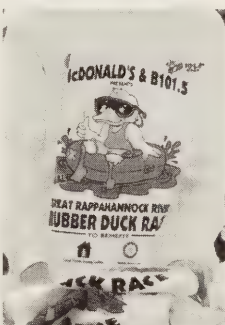
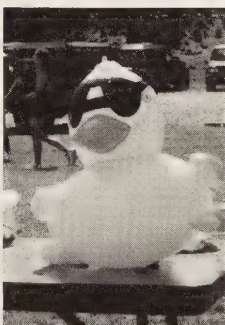
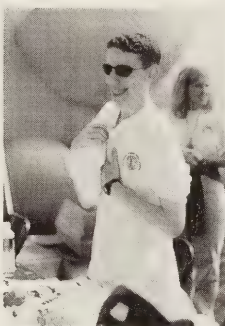
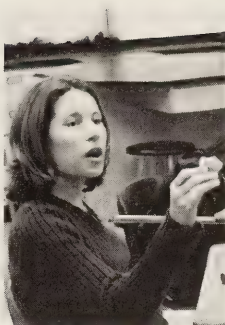
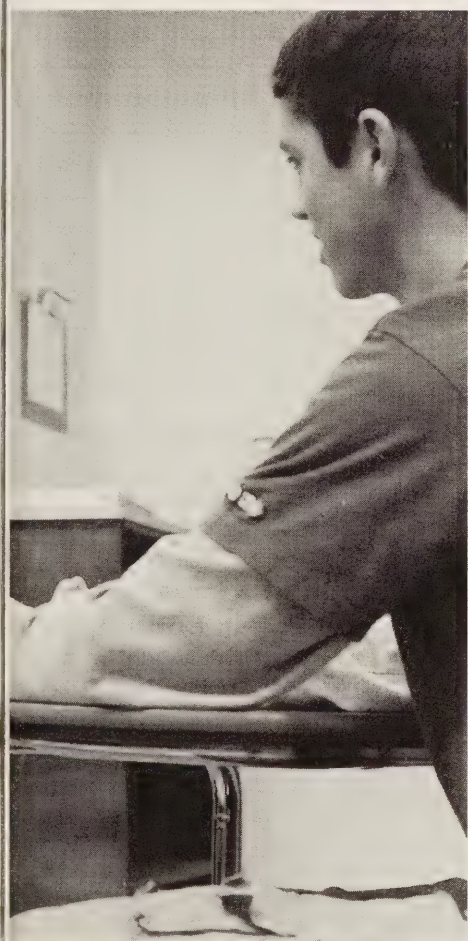
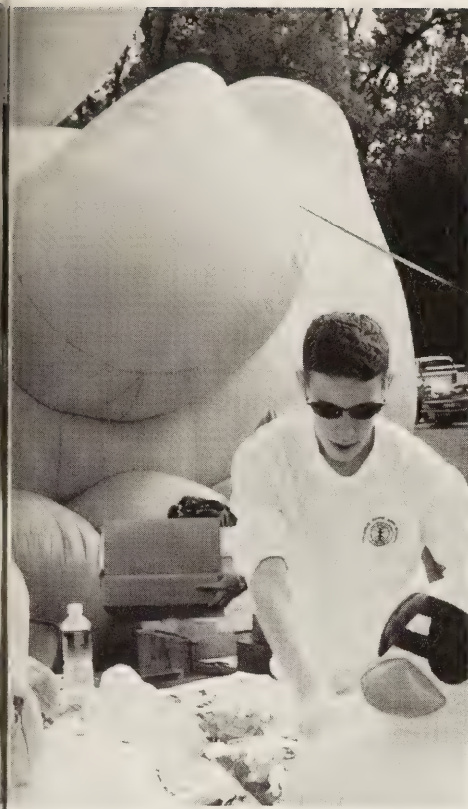
Service Sessions. Senior Phil Delwiche talks with Mr. Ken Yealy about the desserts for donations project during an SSS meeting.

Photo by Yearbook Staff

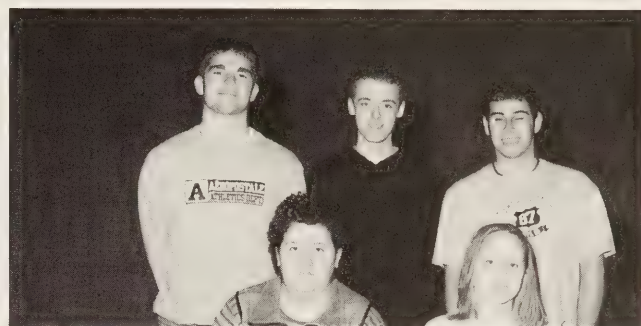
Photo by Yearbook Staff



"Interact is a great experience for students to get involved in the community" -Mrs. Joyce Steele



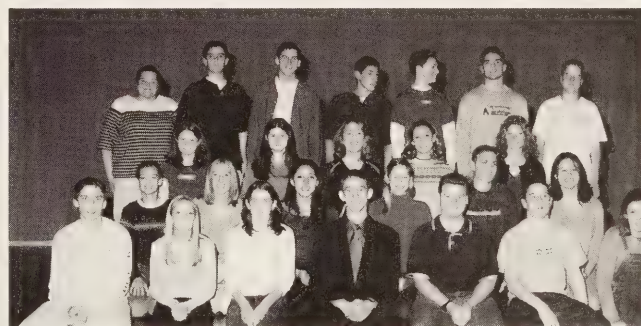
Picture rail from top to bottom. Senior Heather Johnson participates in an SSS meeting; Sophomore Alex Smith smiles after a brief afternoon shower; Exactly 8000 yellow rubber ducks were released into the Rappahanock River on September 18.



Students Serving Staff: **Front Row:** Page Bowden, April Angilletta **Back Row:** Adam Brownback, Richard Beland, Gabe Hippeard



Interact: Front Row: Misty Burton, Jeff Males, Michael Essig, Lauren Arroyo, Adam Phillips, Adam Garcia, Heather Johnson **Second Row:** Rachael Snively, Brittnee Elliot, Felicia Williams, April Angilletta, Brian Swanner, Jessie Purchock, Taryn Brice, Amy Goodnight **Third Row:** Stephanie Seger, Jessica Giles, Stephanie Russ, Malika Khalsa, Julie Ross, Molly Monday, Alex Smith **Back Row:** Ashley Reeves, Xan Brooks, Patrick Heck, John Roman, Hans Meisen, Glenn Dye, Amie Steele, Emily Dudenhefer, Ashley Hughes, Nicole Parker

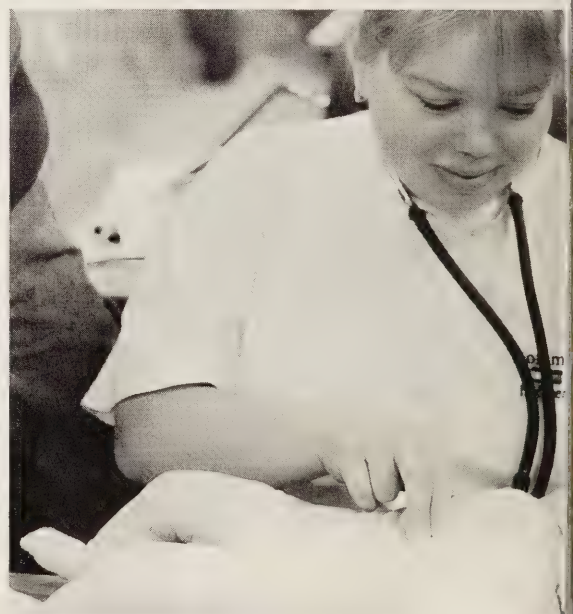
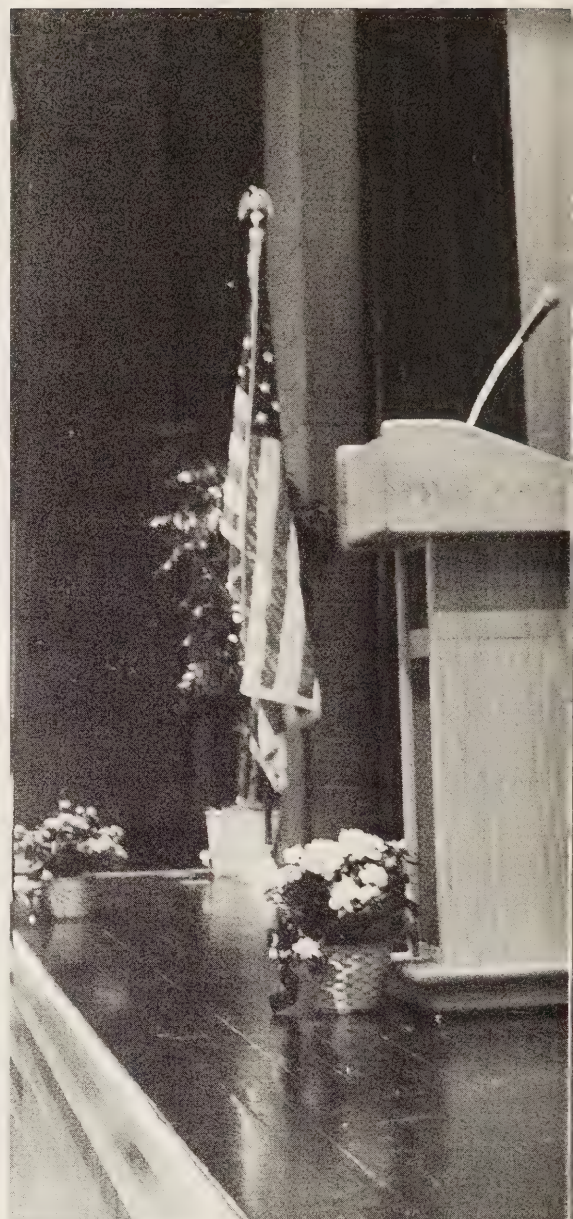
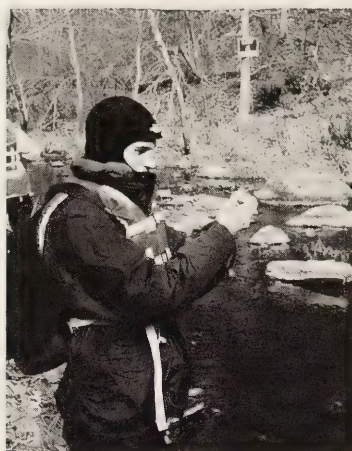


Interact: Front Row: Mat Smith, Julie Giles, Kaitlynd Killion, Justin Hogan, Daniel Guinn, Hans Meisen, Jessica House **Second Row:** Jennifer Gold, Coleen O'Hagan, Claudia Medina, Rachel Herriott, Jadd Adams, Rachael Defenbaugh **Third Row:** Kristen Kern, Emily Mathusa, Ashley Derby, Joanne Gold, Michelle Fabie **Back Row:** Jennifer Marrietta, Travis Campbell, Garrison Rule, Tony Levine, Adam Phillips, Adam Brownback, Jason Cowles

"If a student is in SSS, they take their own time to work as tutors and mentors." -Mr. Ken Yealy

“You don’t help others
to gain recognition. You
help others because it
completes you as a
person. Service is giving
back for all that you have
received.”

~Senior Mitch Nason
National Honor Society
Vice-President



Picture rail from top to bottom. Environmental Club treasurer, senior Adam Garcia tests the water at Abel Lake. Juniors Alyssa Townsend and Jennifer Hodges perform the National Anthem at the Rubber Duck Race. Senior Kami Heddings babysits as part of a Learn & Serve project. Junior Kristen Payne wins first prize at the American Legion’s safe Halloween Party for her cow costume.

It's Giving Back

By Brittany Trant

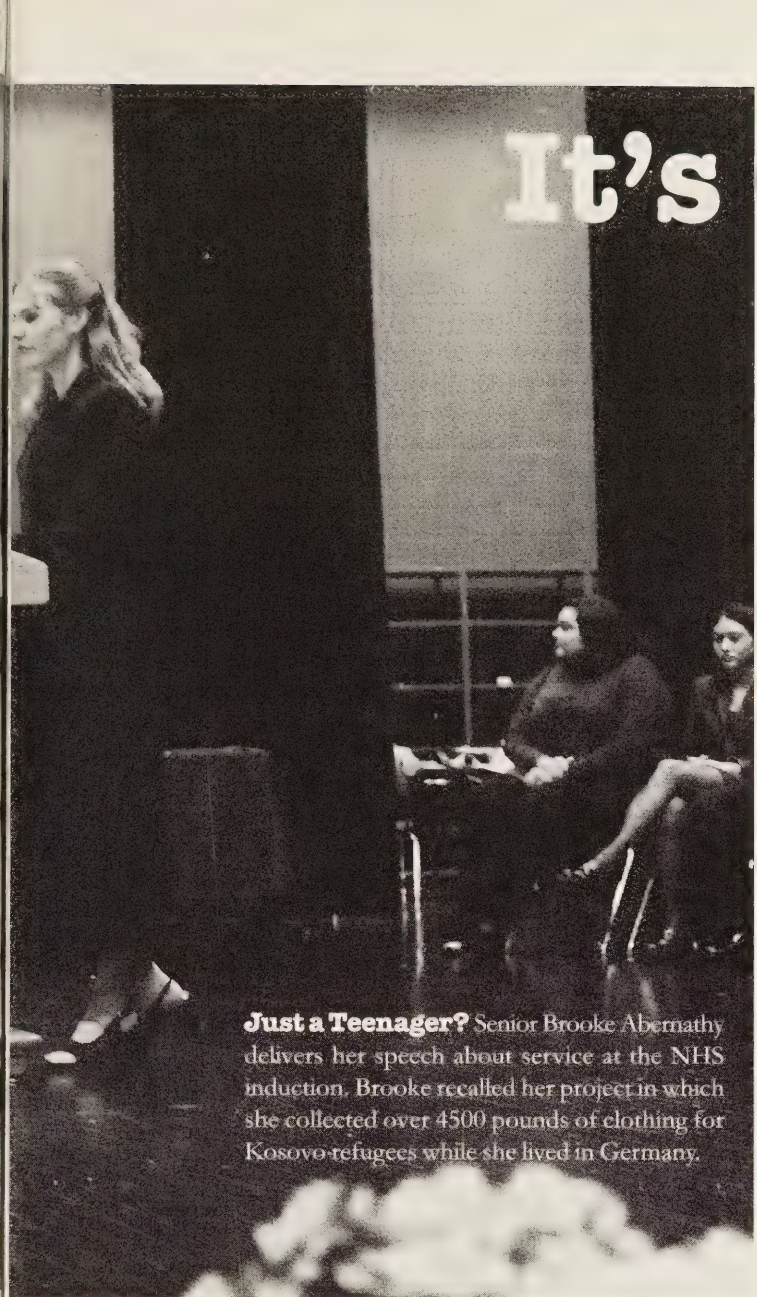
Give. Volunteer. Organize.

Even as teenagers, students understood the meaning and value of these words. Their actions reflected their attitude toward helping others. Students participated in food drives and volunteered at the homeless shelter. They visited and told stories to elementary school students. They raised money for a teacher's kidney transplant and Habitat for Humanity. They sent care packages to children in South America.

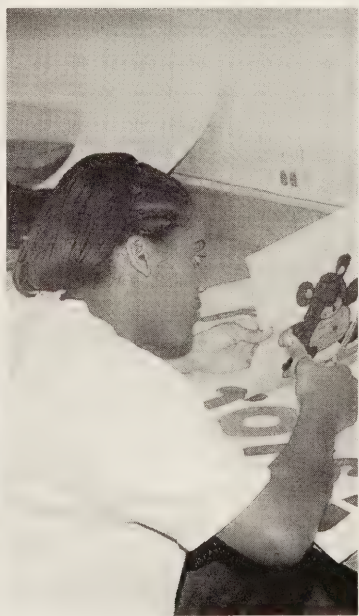
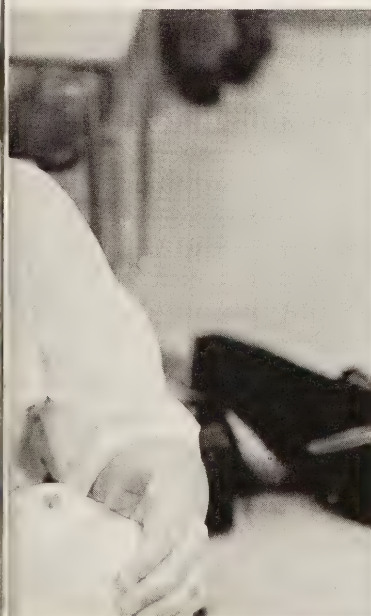
And who said teenagers never cared about anything?

Life Saver. Sophomore Jessica Preston practices CPR as part of a HOSA project. Members learned the technique so they could save someone's life in an emergency.

Signs 4 Tots. During Learn & Serve, sophomore Tish Smith makes signs advertising the Toys 4 Tots collection sponsored by the Marines.



Just a Teenager? Senior Brooke Abernathy delivers her speech about service at the NHS induction. Brooke recalled her project in which she collected over 4500 pounds of clothing for Kosovo-refugees while she lived in Germany.



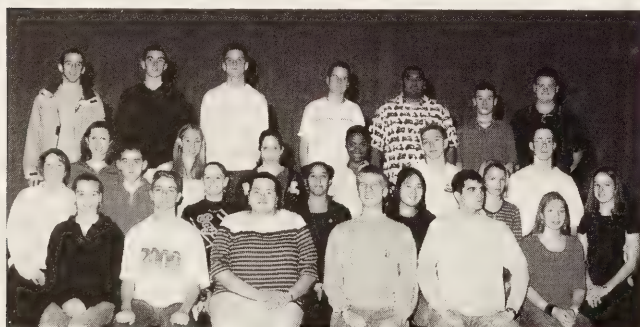
"ASL is like English because just like we have many ways of saying things, ASL has just as many signs.

Speaking through language

A tree full of mittens, a play with no sound, and the sweet smell of chocolate. Members of language clubs learned about our community's and their foreign country's cultures. One main activity performed by Latin Club was a glove and mitten tree to help needy families Christmas time. Students, in addition to giving to the community, allowed the same community to give to them and help them experience the culture of the language they studied. ASL students got involved with the deaf community by attending a deaf play and other events put on for the deaf. Such projects were just a few examples of how language clubs "spoke out."



French Club Front Row: Kenneth Zahn, Natasha Glover, Sarah Bland, Crystal Kitchens, Michelle Landrum **Second Row:** Laura Brockman, Tara Marciniak, Stacey Pratt, Stephanie Pratt, Shannan Reynolds, Holly Whitfield, Taryn Brice, Sarah Dye **Third Row:** Kristin Hoffman, Cece Hardesty, Kate Millbaugh, Mandy Moody, Jesse Illes, Meg Giroux, Katie Drummond **Back Row:** Mimi Preda, Krista Hutchinson, Jonathan Graham, David Russ, Matt Brown, Jamie Raab



Latin: Front row: Renee Garrison (Senator), Jason Holder (Senator), Jennifer Marietta (President), Mike Essig (Vice President), Adam Garcia (Treasurer), Rachel Arndt (Historian) **Second Row:** Sarah Hamer, Bryan Swanner, Jessica Purshock, Ashley Shatz, Connie Suh, Stefanie Holder, Kelly Broadhurst **Third Row:** Amie Steele, Connie Solyona, Hollie Grove, Mia Jackson, Wes Vickroy, Matt Cover **Back Row:** Alan Sheehan, Adam Wiederman, Scott Rudd, Jason Cowles, Jacob Cofer, Mario Dalla Betta, Brian Leohner

Three's Company. German club officers Brittany Bower, Jennifer Hodges, and Brittnee Elliot meet in a special officers' meeting.

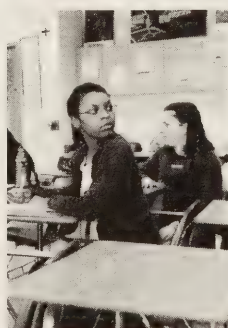
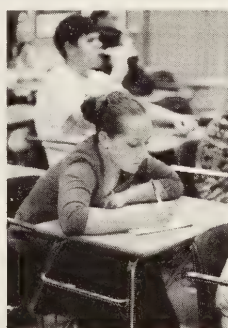
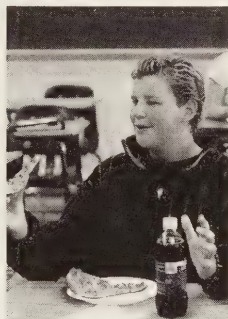
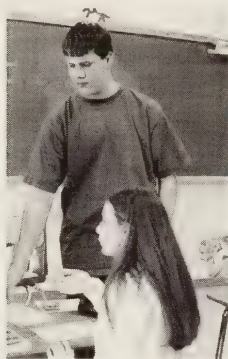
Zeit zu Essen (Time to Eat). During Teacher Appreciation Week, senior Ian Galvin makes coffee for teachers.



Body Language. At an ASL Club meeting in January, senior Wes Vickroy signs "How are you?" to senior Monica Jorge.



It is complicated and takes a lot of work and even more practice to get it just right." -Freshman Amanda Hess



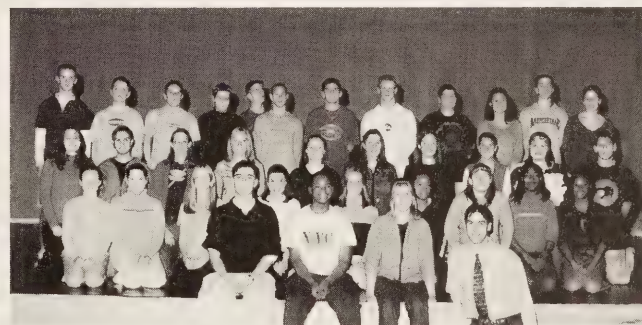
Picture rail from top to bottom. Freshman David Russ and senior Crystal Kitchens tape Reese's cups to slips for Teacher Appreciation Week; Freshman Matt Brown eats pizza while watching *A Bug's Life*; Crystal Kitchens and friends focus on a French club project; Freshman Courtney O'Connell signs in at the October meeting; Junior Natasha Glover copies a French website address from the blackboard.



ASL Club: Front row: Amanda Hess, Heather Marlow, Brittany Abernathy, Brooke Abernathy, Amanda Williams **Second Row:** Megan Clare **Back Row:** Yavonna White, Nina Smith, Wes Vickroy, Steven Todd, Chris Albright, Monica Jorge



German Club: Front Row: Brittany Bower (President), Jennifer Hodges (Vice President), Anna Mitchell (Secretary), Brittnee Elliott (Treasurer) **Second Row:** Erin Ridout, Crystal Frakes, Jennifer Gold, Brittany Abernathy, Ashlea Parker **Back Row:** (from second to left) Jack Zawora, Jessica Bair, Anthony Kane, Jason Harris, Elliott Sperlazza, Chad Polliard, Ian Galvin



Spanish Club: Front Row: Travis Campbell, Evan Graham, Kimberly Simpson, Daniel Murch **Second Row:** Rachel Snively, Stephanie Adkins, Jessica Horn, Stephanie Seger, Molly Mercer, Malika Khalsa, Melanie Feagan, Cheyenne Hall, Brandi Burton **Third Row:** Megan Roberts, Nicole Parker, Catherine Ross, Colleen O'Hagan, Ashley Reeves, Melissa Francisco, Jessica Sharpe, Carrie Wysocki, Jacob Flatter **Back Row:** Charles Polley, John Roman, Hans Meisner, Colin Whitmore, John Poole, Matt Serbinski, Tim Pote, Brian Beisler, David Stiefel, Rachel Deffenbaugh, Blake Wood, Brittany Bower

Picture rail from top to bottom. Mr. Don Casias announces plans for Dead Day at their first meeting; Sophomore Erin Ridout, senior Jeff Young, sophomores Colleen O'Hagan and Whitney Green, junior Michelle Fabie, and sophomore Stephanie Russ pose for a picture after the conclusion of Dead Day.



FCA: Front Row: Lauren Arroyo, Heather Glasgow, Beth Williams, Rachel Deffenbaugh **Second Row:** Katie Higginbotham, Brittnee Elliot, April Angilletta, Taryn Brice, Miranda Shaffier, Kacie Shantz, Jennifer Glasgow, Nichole Norfolk, Holly Whitfield **Third Row:** Ashley Reeves, Kristen Kern, Jennifer Gold, Ashlea Parker, Julie Farley, Malise Tepera, Tyler Herron, Janis Holcombe, Amanda Williams **Back Row:** Melissa DiFrancisco, Tony Levine, Shannon Mudd, Jennifer Marietta, Heather Benson, John Poole, Mimi Preda, Carl Nasal, Mat Smith



SADD: Front Row: Dong-Keun Oh, Beth Zinger, Stephanie Russ, Stephanie Seger, Miranda Shaffier, Taryn Brice **Back Row:** Adam Brownback, Michelle Fabie, Jeffrey Young, Mitch Nason, Liz Sowers, Amy Kuchno, Shari Korth

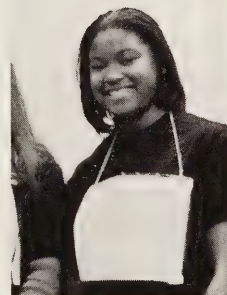
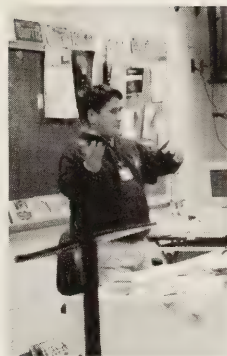
Fellowship of Christian Athletes

Throughout the year the FCA participated in:

Fifth Quarter: Students participated in three on three games and knock out after a home basketball game.

Lock-ins: The members held lock-ins for the local middel school huddles of FCA.

"See you at the pole": FCA was joined by other students for prayer around the school's flagpole on a September morning.



No Worries. Freshman Kacie Shantz leads the weekly Bible lesson. Shantz's lesson was from Jeremiah and focused on trusting in God.

Listening In. Sophomore Nichole Norfolk and junior Jen Sweeney listen to the lesson. Afterwards, members were invited to share their own experiences.

Photo by D. Siegmund

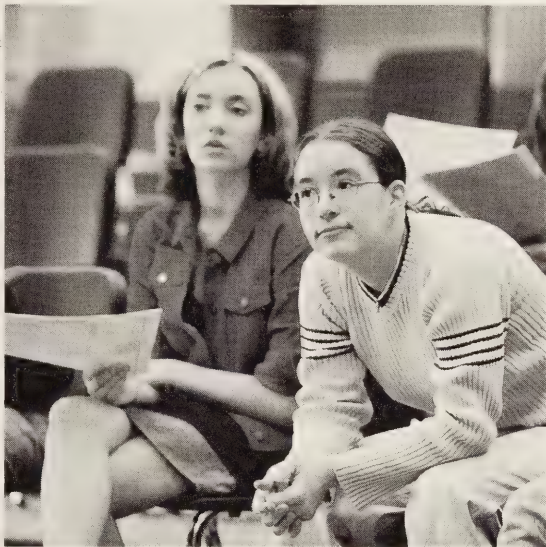


Photo by D. Siegmund

A SADD

by Brooke Abernathy

reminder

LaShell Davis dead at twelve years old. Davis was riding with her father on Interstate 90 when their car was struck by Audrey Kishline who was driving the wrong direction. Kishline's blood alcohol level was three times the Washington state limit. Davis, an innocent child, was a victim of drunk driving accident.

On Wednesday, December 13, senior Akemi Parker wore Davis' story as part of SADD's "Dead Day." The members of SADD wore black shirts and took a vow of silence for the day. As other students walked through the halls, they were reminded of the dangers of drinking and driving as they saw their "dead" classmates carrying black balloons.

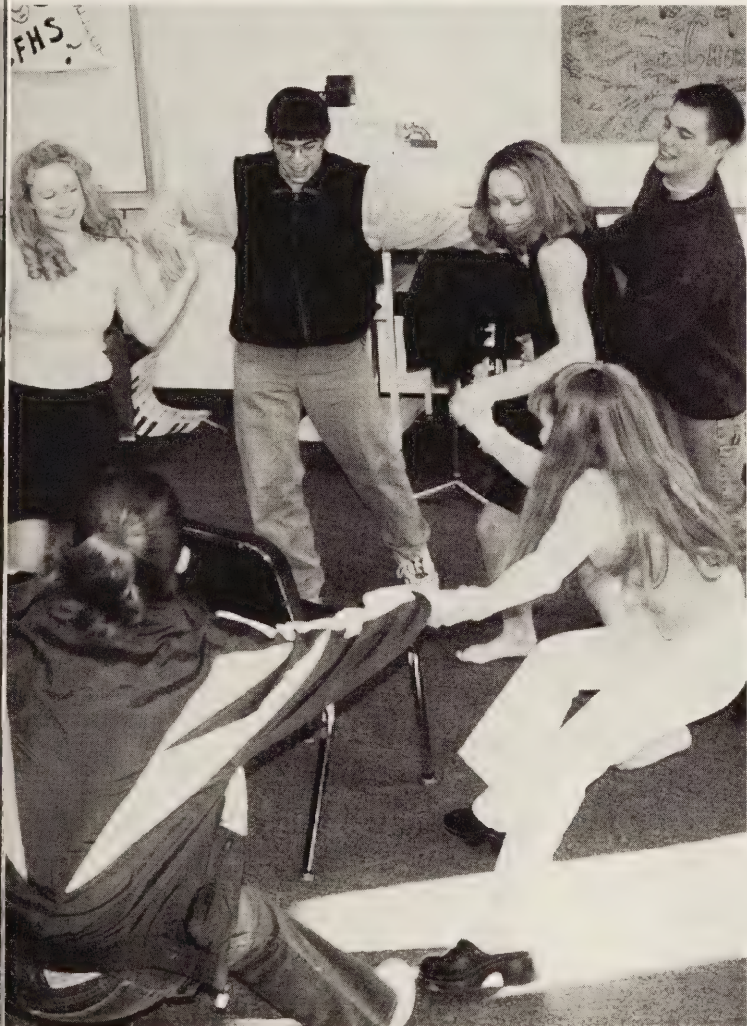
Photo by D. Siegmund



Election Day. SADD listen to plans for the year's activities. At their second meeting, junior Shari Korth was elected president, and junior Beth Zinger was chosen for the vice president's position.

Going In Circles. At a March meeting, FCA members participate in a game after their weekly lesson. The object of the game was to eliminate people by having them touch the chair until the winner remained.

Photo by Morgan Crandall



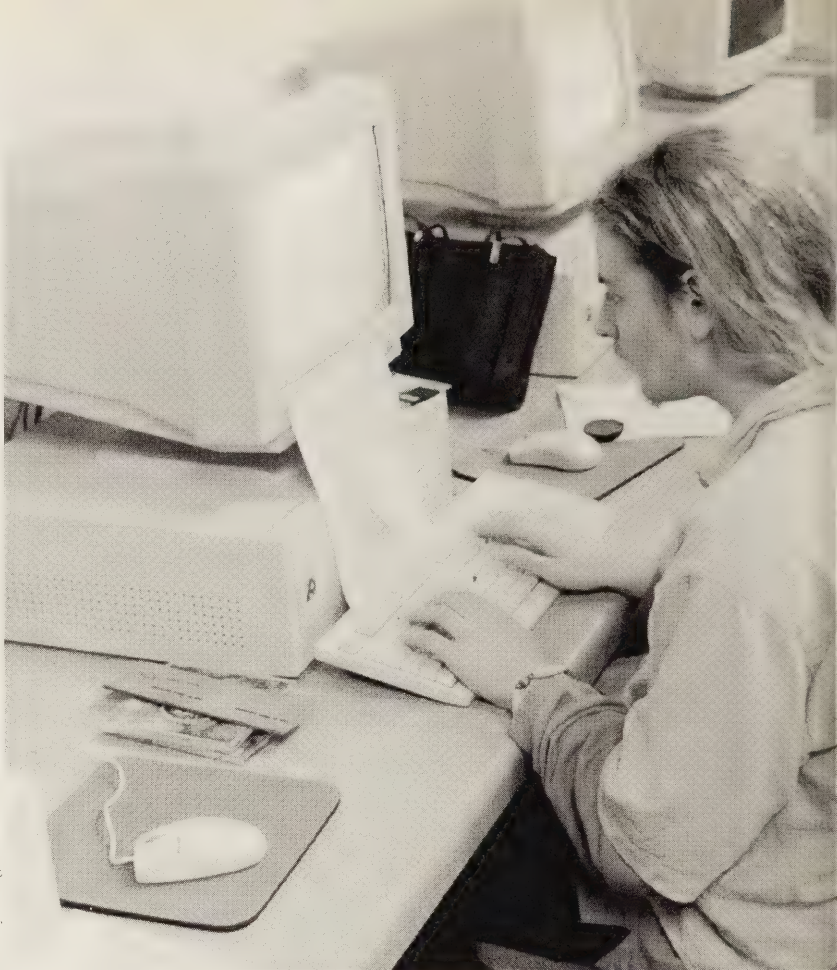
Picky, Picky. Juniors Gabe Compton and Emily Akers edit and type copy for the literary magazine in mid-April. Other staff members were designing layouts and selecting artwork appropriate to the writing.

Hand Delivery. Senior Stephanie Houser, newspaper editor, passes out the March issue of The Aerie, which focused on President George W. Bush's tax cut plan, area growth, and church youth groups.



Photo by Yearbook Staff

Photo by D. Siegmund



Deadlines

Seven people, a twelve page paper, 35 articles, three to four weeks. How does it all add up? Staff of the newspaper, The Aerie, swallowed these numbers to publish six issues. "Because we have such a small staff, it's sometimes hard to get all the work done," senior Laura Trigger said.

The literary magazine, Molten Art, found the same challenge of deadlines. "Producing the entire magazine is tough," said senior Kelly Everett. The staff accepted submissions through February 2 in order to prepare for the magazine's distribution in May.

After struggling to meet deadlines, just one thing was left--observing reactions to the product. Senior Kami Heddings said, "My favorite part is watching everyone read my work."

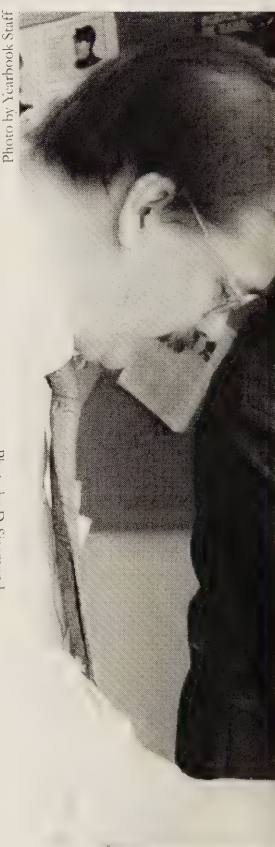


Photo by Yearbook Staff

Photo by D. Siegmund

Just Hanging. Seniors Steve Van Amerongen and Kristi Swisher hang a Molten Art sign in the computer lab.

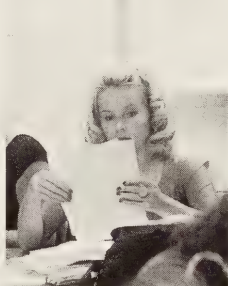
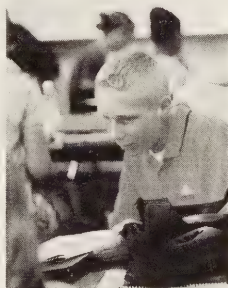
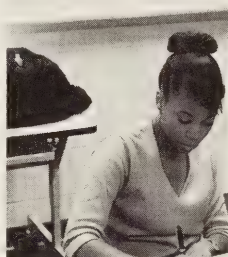
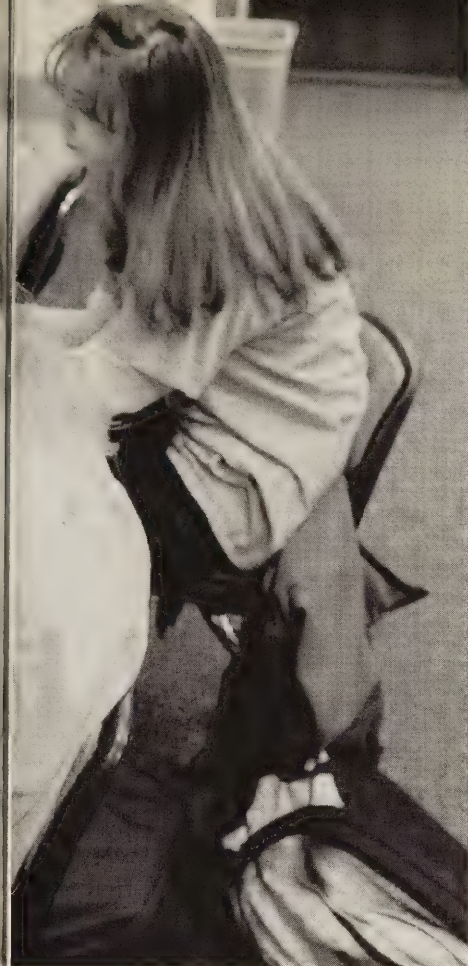
Exciting Activities. Journalism teacher Mr. Brian Driver and Senior Laura Trigger make final changes to the layout design of the March issue of The Aerie.



Stressed by

by Akemi Parker

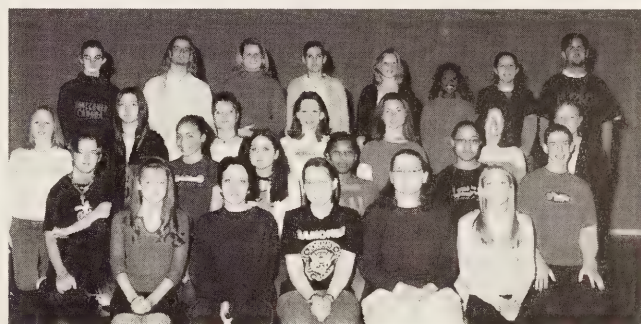
"I enjoy being surrounded by a sea of writing without needing a ship to rescue me." --Senior Steve Van Amerongen



Picture rail from top to bottom: Junior Ashleigh Vamosi crops a photograph for a senior ad; Sophomore Malika Khalsa writes a sports caption; sophomore Ben Nason checks his folder to verify ad space; preparing for the January deadline, senior Liz Sowers checks an article; Senior Kelly Burcham and junior Michelle Fabie brainstorm a headline.



Journalism: Front Row: Elspeth Ridout, Laura Trigger **Back Row:** Tabitha Girtin, Kathlene Mendoza, Steve Van Amerongen, Jason Dodd



Literary Magazine: Front Row: Jennifer Glasgow, Jenna Hennebury, Tabitha Girtin, Kelly Everett, Julie Giles **Second Row:** Todd Koval, Carlyn McFeely, Lyssa Bridges, Tiara Harris, Liz Jorge Alex Smith **Third Row:** April Angilletta, Tara Marciniak, CeCe Hibe, Adella Summers, Heather Shelton, Kami Heddings, Krisi Swisher **Back Row:** Samantha Ghormley, Gabe Compton, Lauren Mooney, Jennie Thomas, Heather Unger, Cherelle Yates, Breanne McTighe, Josh Coy

Genres Galore

"Poetry interests me the most because you can sum up several emotions into stanzas."
--Junior Heather Shelton

"Fantasy writing interests me because you can create anything you want."
--Sophomore Amy Breitbarth

"Fiction interests me because it brings a different creative outlook to things."
--Sophomore Julie Giles

"My favorite part of the club is being able to be nosy about all the school activities." --Senior Morgan Crandall

Rail from top to bottom. Sophomore Shanta Chapman leads off the Step Team; Freshman Lolita Chapman claps in beat with the rest of the team; Sophomore Tiara Harris begins a step during the winter pep rally; Remaining stationary, sophomore Tracy Brown stands in place as the team moves to new spots; Sophomore Alicia Jones waits to exit after the routine.



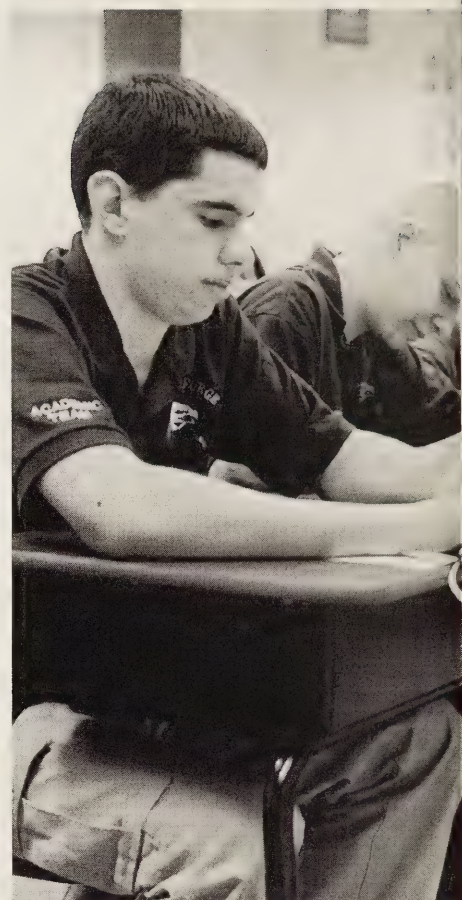
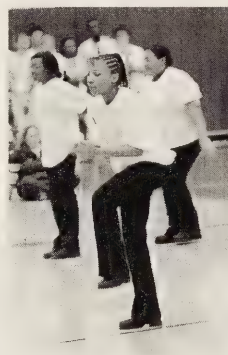
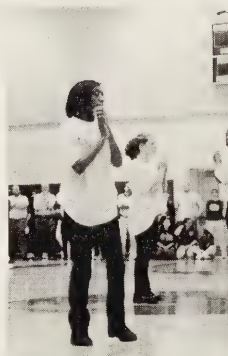
Academic Team: Front Row: Jason Holder, CeCe Heib **Second Row:** Janis Holcombe, Patrick Heck, Michelle Landrum, Heather Benson, John Irby **Back Row:** Danny Kistner, Tejdev Sandhu, Carl Nasal

Quiz Bowl

Here are a few examples of questions the Academic Team faced in their meets:

1. I am the name of a small, slender, long-armed and long-legged anthropoid ape living in the trees of Southeast Asia.
2. If there were fifty rather than sixty minutes in an hour, and the present time were 4:35, what time would it be 57 minutes later?
3. Which animal was once known as the "Blood-sweating behemoth of the Nile?" It perspires when it is out of the water and secretes a reddish fluid.
4. Give both the former name and the present name of the country whose capital is Ougadougou.

Answers: 1. Gibbon, 2. 5:42, 3. hippopotamus, 4. Upper Volta/Burkina Faso.



Calculation. While being timed, junior John Irby works out a math problem. Competitors answered questions ranging from finding the side of a triangle to the logarithm of a number, and had ten seconds to do so.

Stumped. With the signaling button in hand, junior Thomas Starkweather and sophomore Janis Holcombe wait to practice competition questions.



Photo by Heather Benson

Photo by D. Siegmund

stomp

by Heather Benson

your heart out

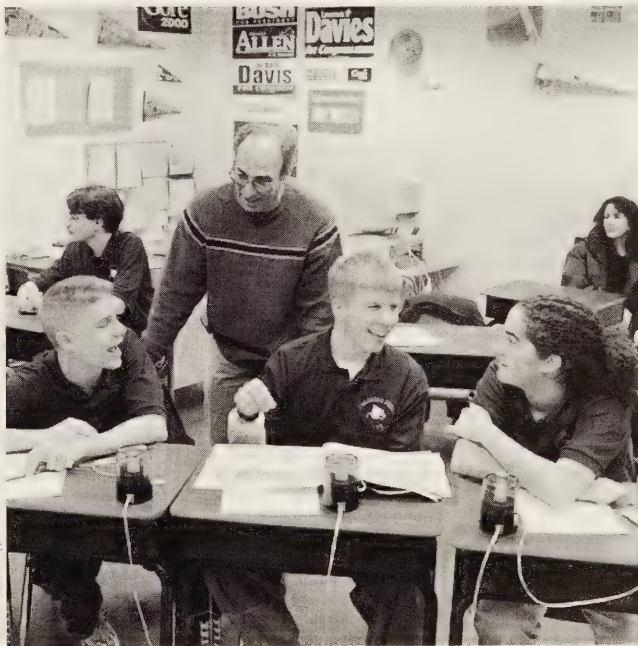
Slapping, clapping, and stomping are all part of a Step Team performance. The Step Team didn't start until half-way through the winter sports season, but they performed at both the boys and girls varsity basketball games for the half-time show. Sophomore Nathaniel Cunningham said, "The performance was good. They really stayed together."

Pleasing the crowd was just part of the performance. They had to be in time with each other throughout their entire routine. Team members relied on the stomp starter to set the rhythm to follow. The stomp starter was a team member who started off the next part of the routine. Freshman Christiana Burton said, "I liked the performances the best because we had a chance to show that we were going to come through."



Photo by D. Siegmund

Photo by D. Siegmund



Four-Closure. Between matches at the district meet, Coach Greg Feducia talks to his team about real estate terminology. The team went on to beat Brooke Point, 190-140.

Heated Discussion. Debating an answer during the team round, junior Michelle Landrum offers an answer based upon her own expertise.

"You learn to compete against yet at the same time work with your teammates." -Senior Carl Nasal

"No matter how complicated or depressing your day might be, you can always look forward to Drama in the afternoon."

Heads Down

by Heather Benson

two thumbs up

Members of the Drama Club and Forensics team are familiar with jitters and butterflies in their stomachs. Freshman Xan Brooks explained, "It's normal to have stage fright. Even the best actors still endure this." But despite their occasional fears, they continue to perform.

In Forensics, although they didn't orate on stage, members had to perform in front of strange audiences. They had to present their piece repeatedly to different judges who scrutinized them in categories such as diction, timing, and posture. Senior Elspeth Ridout said, "For someone like me who is usually behind the scenes, it took a long time to get used to being front and center.

Members of Drama and the Forensic team braved performance jitters to entertain audiences of all sizes.

Meeting of Minds. Advanced Drama students discuss their interpretative play, The Great Gatsby. They transformed the novel, and it was later performed.

Sleep Walking. During the production of Macbeth, sophomore Sarah Hall plays Lady Macbeth. This scene started on the catwalk, and proceeded to the stage.



Photo by Yearbook Staff

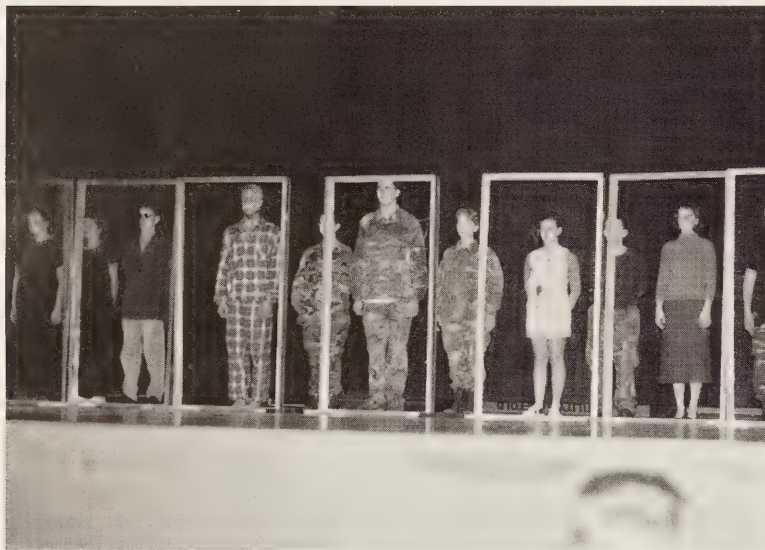


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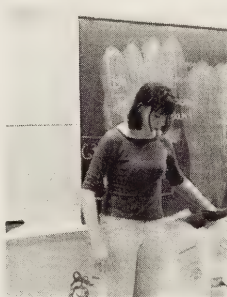
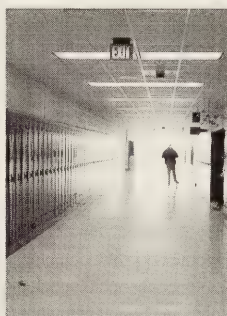
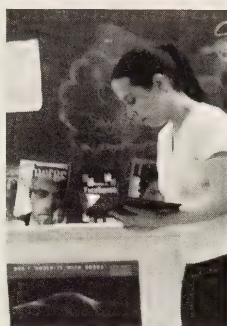
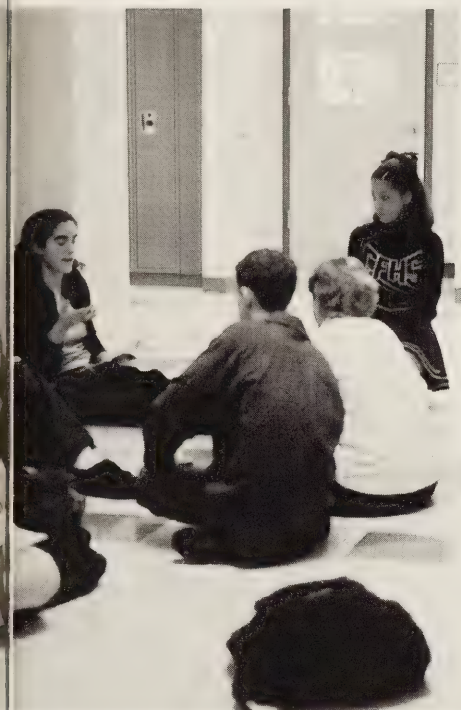
Multi-Faceted. The cast of Macbeth by Shakespeare stands behind glass panels in an effort to represent the theme, "you can run but you can't hide."

Pepto Moment. During the fall performance of Macbeth, Banquo's ghost, senior Garrison Rule, points at his murderer and host, the only person at dinner to see him. The guests were shocked. And Macbeth? In need of an antacid.

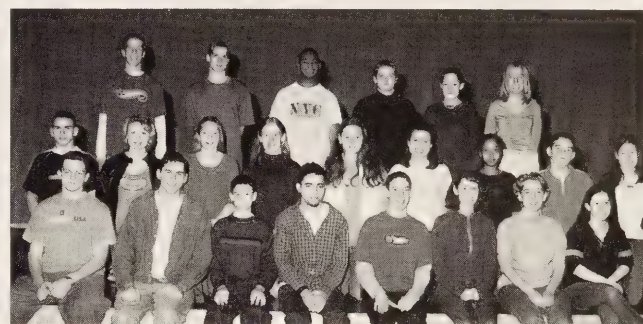


Photo by D. Stegmann

For two hours, you get to completely forget about all your problems and homework." –Senior Garrison Rule



Picture rail from top to bottom. Seniors Elspeth Ridout and Jennifer Haas perform a dual-dramatic interpretation of The Glass Menagerie; Senior Jennifer Marietta waits for the next round; Junior Michelle Landrum orates her poem; Senior Heather Benson storytells The Stinky Cheese Man and Other Fairly Stupid Tales.



Drama: Front Row: Daniel Kistner, Garrison Rule, Mark Thyrring, Thomas Starkweather, Alex Smith, Stacey Pratt, Jennifer Haas, Elspeth Ridout **Second Row:** Ben Haas, Joelle Whitfield, Rachel Arndt, Emily Dause, Stephanie Russ, Stephanie Seger, Felicia Williams, Bryan Swanner, Erin Ridout **Back Row:** Brendan Fitzgerald, Christopher Rule, Evan Graham, Colin Whitmore, Stephanie Esposito, Colleen O' Hagan



Forensics: Front Row: Alex Smith, Erica Riegger, Brenda Grubbs, Jessica Purshock, Elspeth Ridout **Back Row:** Heather Benson, Jason Holder, Michelle Landrum, Jennifer Marietta, Colin Whitmore

Performance Tips

Steps to Successful Speech Making

Speak slowly.

Make eye contact.

Do not make unnecessary gestures.

Maintain proper posture.

Have a good time.

"It's a building block towards the rest of your life. Your classes teach you the things like reading and writing, but you also learn responsibility and perserverance," said senior Mike Gillies.

It used to be as easy as 1-2-3 and A-B-C. Saying goodbye to those days and entering a world of the

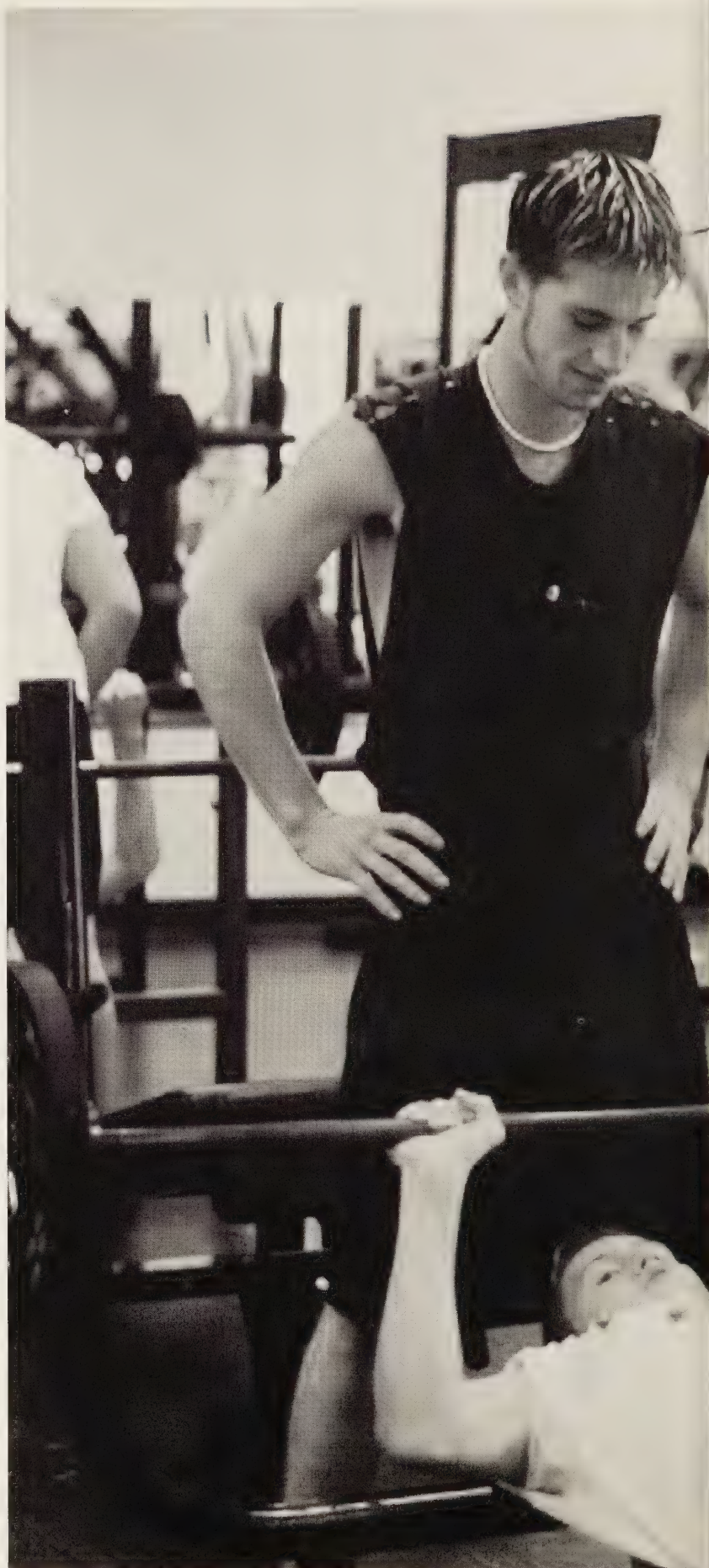
more than... *facts*

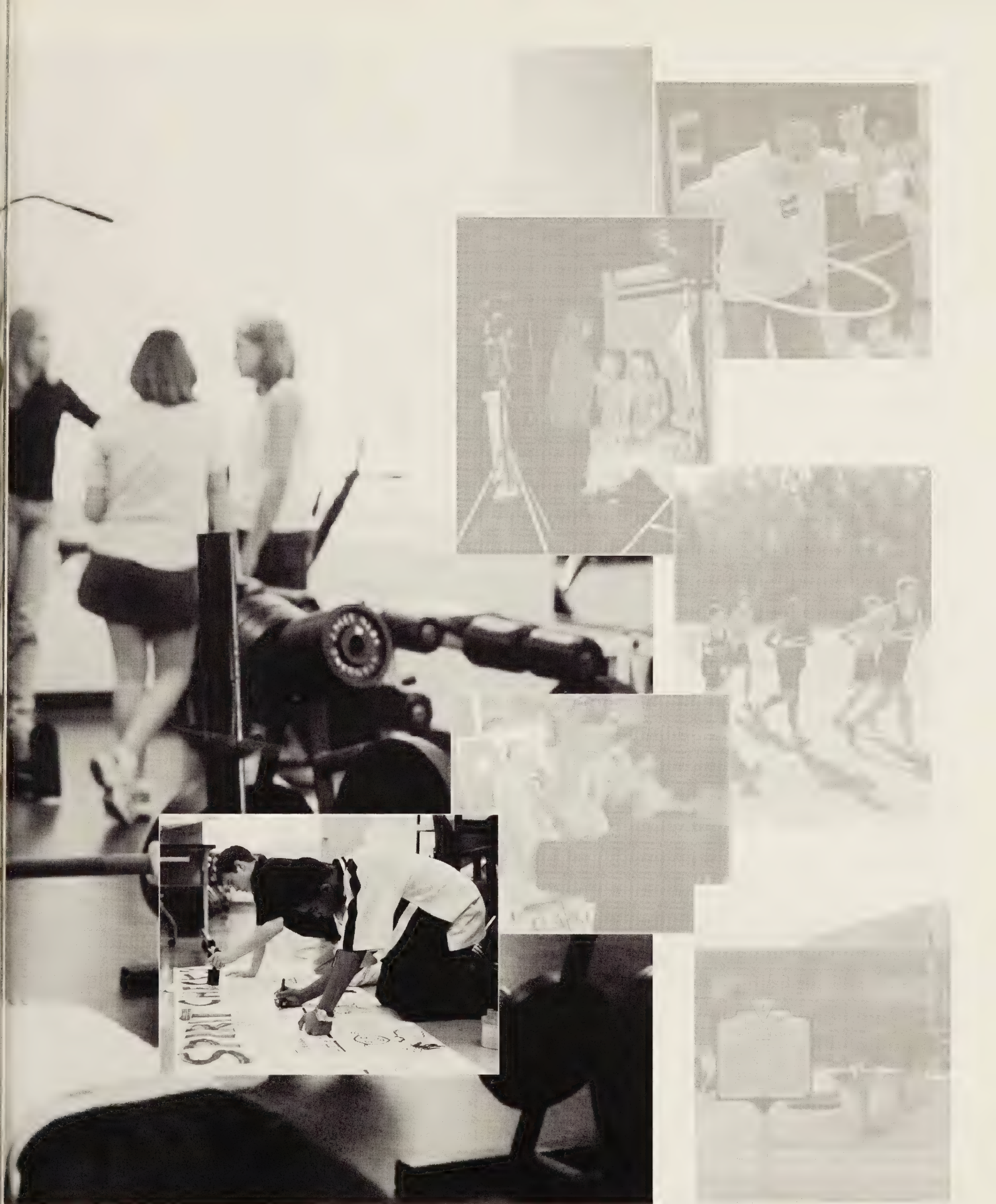
Pythagorean theorem and William Shakespeare, we worked towards graduation. More than a cap, gown, and diploma, academics were a sign of our success, achievement, and ability to accept a challenge.

We discovered that perhaps it wasn't so important to learn all the facts, but to use our education as a stepping stone to our future accomplishments.

by Kelly Burcham

Teamwork. During his Strength & Body class, senior Matt Flockhart spots junior Scott Speelman. "Weight lifting is harder than you'd think, which is why we're always paired with a spotter," Matt said. "You learn how to work with a partner and cooperate."





Library Pow-Wow. Freshmen Shannon Prom, Connie Suh, Jason Coles, and Tramia Jackson research Native American culture. The students' research was used for a speech in Mr. Don Siegmund's Honors English class.

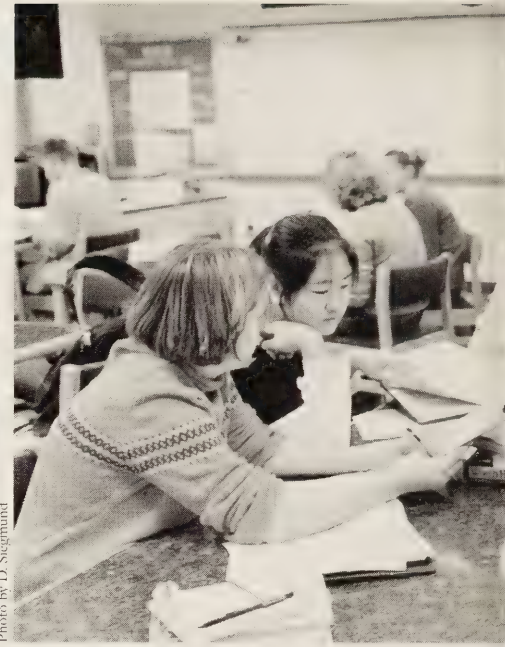


Photo by Michelle Fabie

Photo by D. Siegmund

Complaints. In Mr. Don Lilley's sixth period college prep English class, senior Todd Curtis writes a letter of complaint. Students learned the format of a professional business letter and applied English in a practical way.

Ignited Interest. Sophomores Ariadna Villarreal and Carlyn McFeely answer questions on "Fahrenheit 451" in Mrs. Sherry Hession's English class. Students worked together to analyze books.

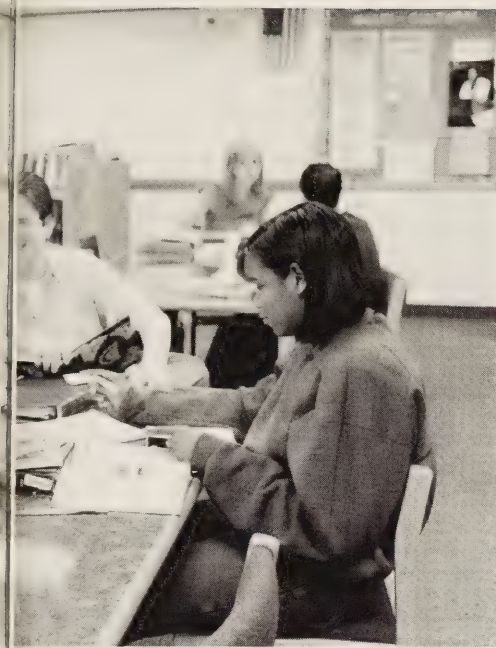


Photo by Michelle Fabie



Photo by Rachel Herron

Verbal Variation. Ms. Anne McGee's sixth period junior Honors English class discuss the SOL just before the first day's test in March. After a snow day, students responded to the writing prompt first, and then took the multiple-choice portion of the test.



Pages with a Purpose

Bound to Books

From William Shakespeare to William Faulkner, English classes covered a broad range of literature. In addition to what they studied in class, a number of students read on their own. They found reading was beneficial in multiple ways.

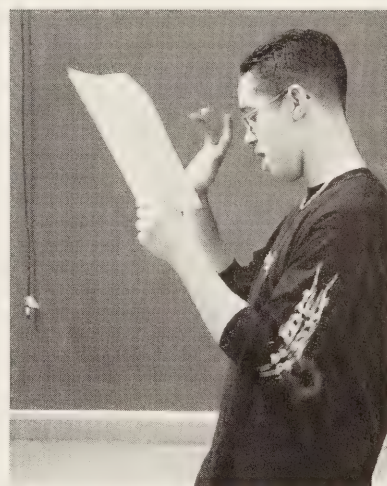
“It opens my views on life,” said freshman Kelly Broadhurst.

More practical uses for reading were also found.

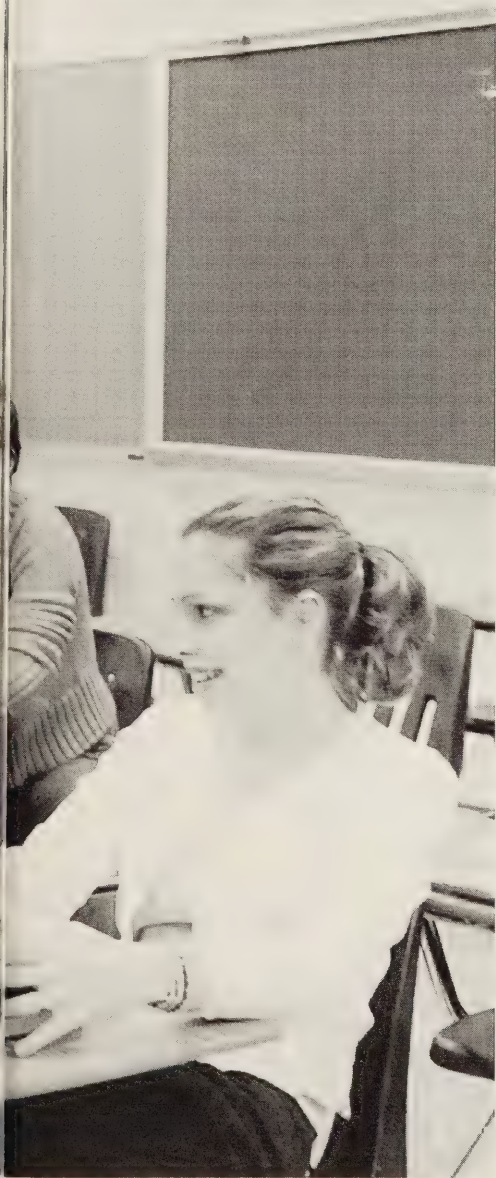
Amber Bright, in Mrs. Hamed’s sophomore English class, said, “It improves the way people speak and widens their vocabulary.”

Given all the gains that reading provides, students reading on their own came as no surprise. Whether in English or otherwise, students managed to find value in all that they read.

By Michael Essig



Willie Shakespeare. In Mrs. Sherry Hession’s English class, sophomore Matt Cover acts out a scene from the Shakespeare play “Julius Caesar.” Students put a scene from the play into contemporary language. Photo by D. Siegmund



The Race for the White House

History in the Making

Social Studies students experienced firsthand an event that will go down in history books. Election 2000.

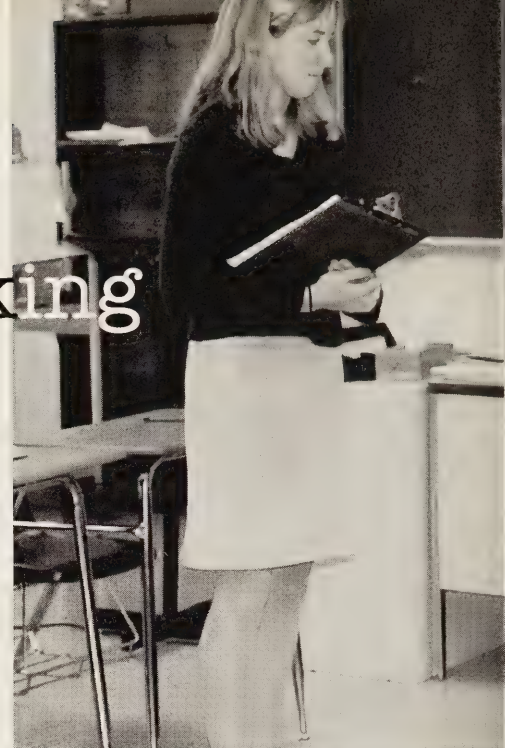
Mr. Shawn Szakelyhidi's World History classes spent the first part of class discussing the unfoldings of the election. "I counted on my history class to

get my election update," said sophomore Sherria Cotton.

With so much talk going on, students formed opinions on the electoral process. "This election showed me how important it is to get out and vote," said senior Dwayne Beach.

Teachers agreed that students could learn a lesson from the presidential election. Government teacher Mrs. Joyce Steele said, "I feel that students can acquire a deeper appreciation for our government."

By Ruth Martin



Roman Reminder. Freshman Laci Vamosi from Mr. John Hoehne's freshman World History class reviews her notes on the Roman Empire. Photo by Yearbook Staff.



On the Spot. Seniors Malise Tepera and Katherine Harris act out a mock trial in Mr. Gary Gottschalk's third period AP Government class.

Ready to Work. Junior Chris Albright, in Mr. Matt Skjoldal's American History class, pulls out his book and binder to get a start on the day's activities.

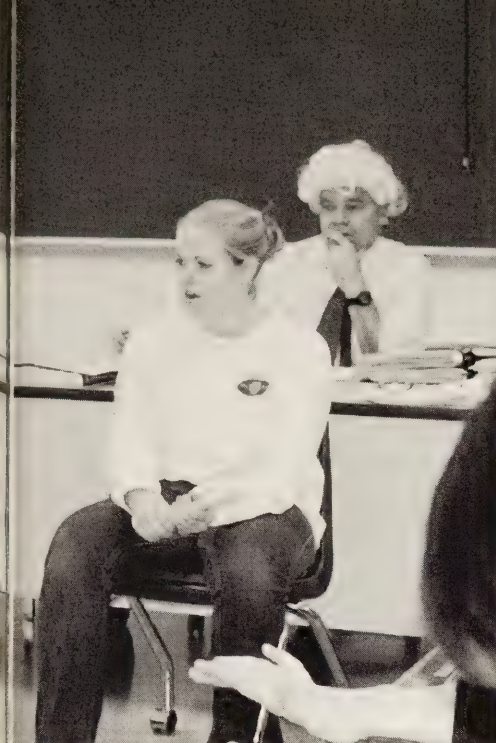


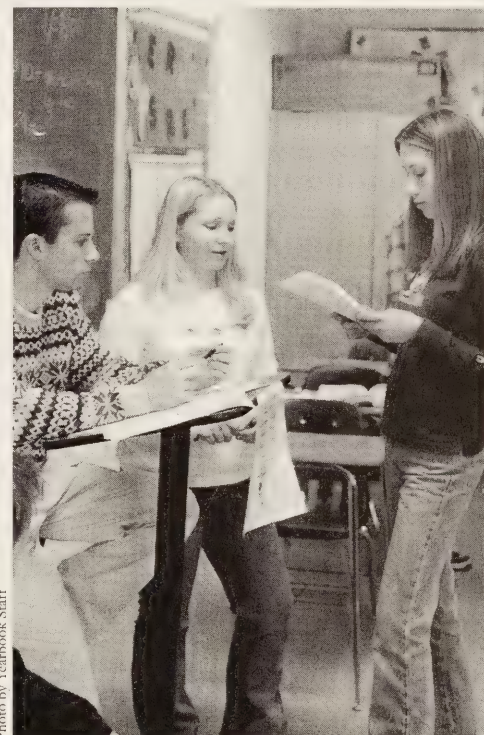
Photo by Yearbook Staff

Photo by Yearbook Staff



Photo by Yearbook Staff

Photo by Yearbook Staff



Review. Sophomores Christina Desanto and Elisabeth Glad ask Mr. Craig Carlson for help with their test review sheet for World History. Mr. Carlson offered students extra help outside of class before test days.

Social Issues. After a lecture in Ms. Karen Lowman's sixth period Sociology class, junior Kristin Newman and seniors Katherine Harris and Jennie Thomas complete classwork. Topics of discussion in Sociology class included teen pregnancy and other contemporary social issues.

Difficult Digits. While junior Whitney Thomas does her Geometry homework, junior Nichole Jones works on Algebra II homework. Completing homework every night was necessary for success in a Math class.

Putting Heads Together. Freshmen Ronnie Sanford and Jack Ferrick work together on an assignment for Mr. David Hinds' Geometry class. Students played off of each others strengths and weaknesses in group assignments.

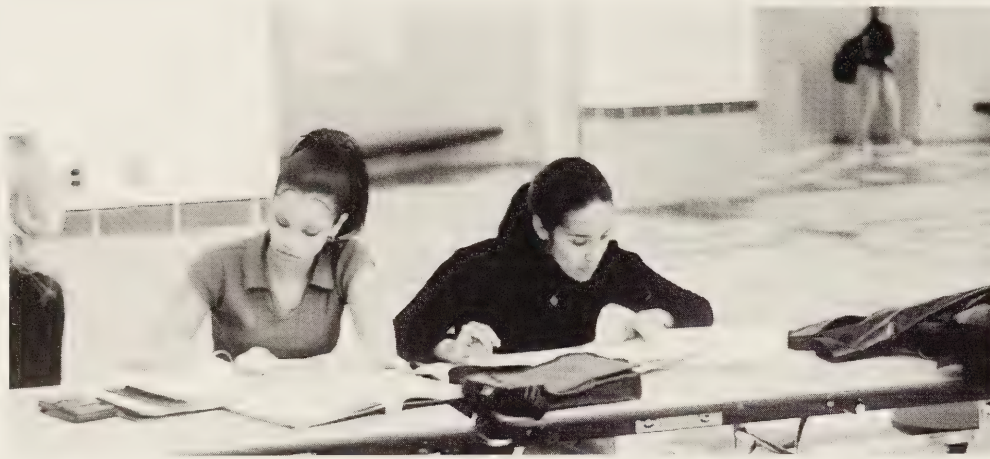


Photo by Yearbook Staff

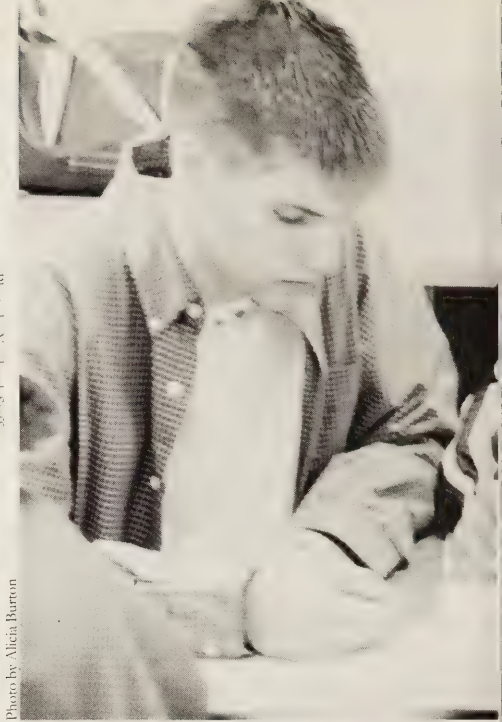


Photo by Alicia Burron



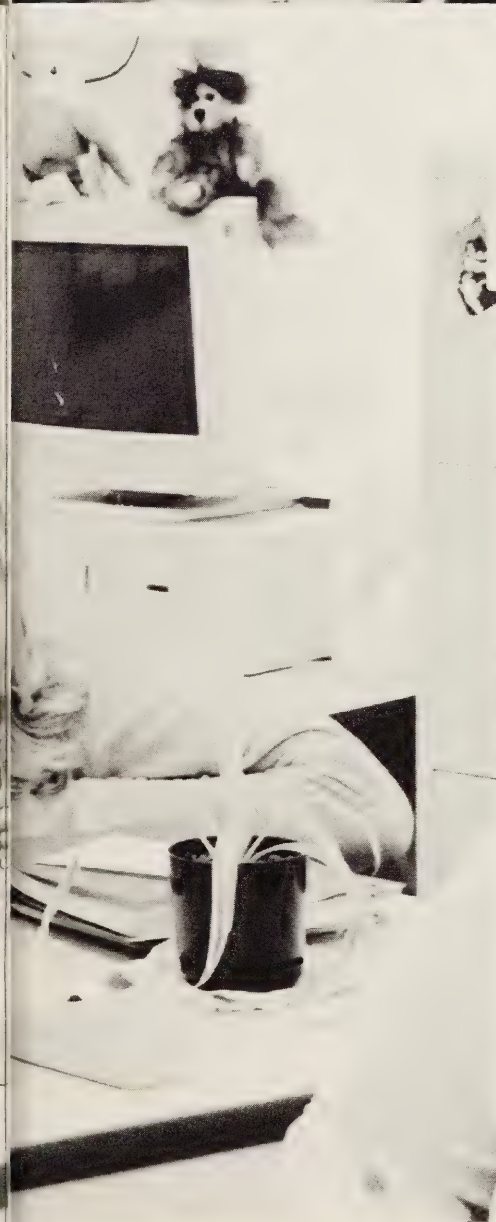
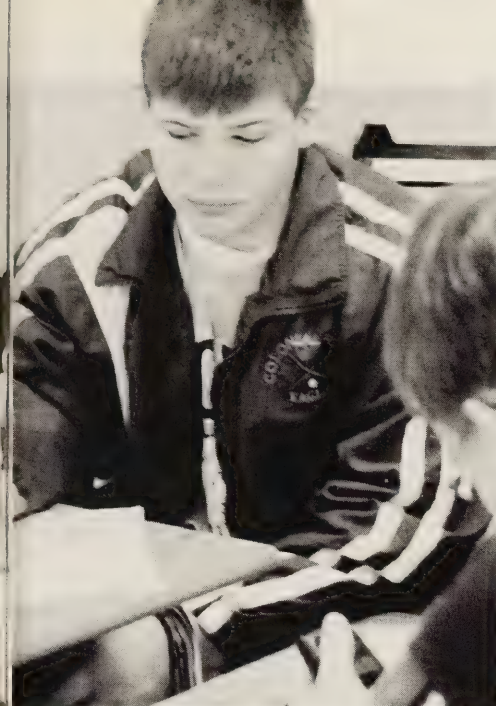
Photo by Alicia Burron

Raising for Reason. In Mr. David Hinds's Math Analysis class, sophomore Eric Huszar raises a hand during class. Students found that asking questions helped their teachers better understand what was giving them trouble.

Inquisitive. Junior Elizabeth Talbert gets help with her Geometry teacher, Mrs. Monica Clapp. "My favorite project that we did this year was when we used beads to make symmetrical Christmas tree ornaments," said Elizabeth.



Photo by Yearbook Staff



Memorable Songs and Sweets

Notable Numbers

Math . . . a subject that brings joy to some but yawns to others. Teachers cut through boredom and confusion by trying more creative methods of teaching.

Mr. David Hinds found food a success in both fun and learning.

Sophomore Geometry

student Jessica Bair

learned about 3-D cubes

and pyramids in a new

way: "We built shapes out

of candy gum drops and

toothpicks."

"Ms. Tori Helmer

made up songs to help us

remember equations,"

said junior Ashley Schatz.

The greatest impact on

students came from

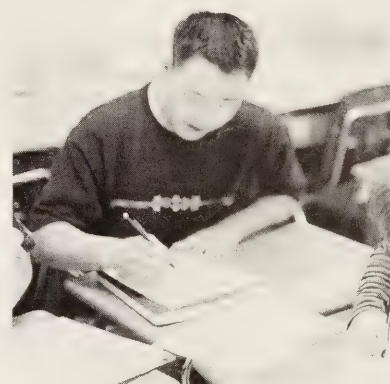
teachers' persistence on teaching every

student. "Mr. Phil Tilson stays after

school to help me understand math

better," said freshman Brian Leohner,

of his Algebra I teacher.



Team Huddle. Junior Doung-Keun Oh, a student in Mr. David Hinds' Math Analysis class, works on a team assignment. Occasionally teachers gave students group projects so that students could help teach each other.

Photo by Christine Wysocki

By Christine Wysocki

Strive to be a bilingual

Blabbermouth

Who said you'll never use what you learn in school? Students found ways to use their knowledge gained in foreign language classes.

"I talk to my family in Puerto Rico everyday. Three years of Spanish has really helped me," said senior Melissa Perez.

Junior Keara Prom put her French to use in Paris. "The French that they spoke was different from the formal French I learned, but I was able to order in the cafes," Keara said.

While some students had yet to find a use for

foreign languages in the *present*, they realized that they would use it in the *future*. Freshman Leanne Seitzinger, a French II student, said, "I don't use French regularly now, but I hope to travel so I'll get some practice."

By Lauren Griswold



The Answer Is . . . During a Spanish Jeopardy game in Mrs. LaToya Clark's Spanish I class, sophomore Lindsey Elie honks in, signaling that she knows the answer. Photo by Yearbook Staff



Photo by: Lauren Criswell

Melting Pot. During Foreign Language Week, senior Victoria Zavrajnykh translates a Russian proverb into English for a poster. Victoria was a Russian exchange student taking an English as a Second Language, or ESL, class.

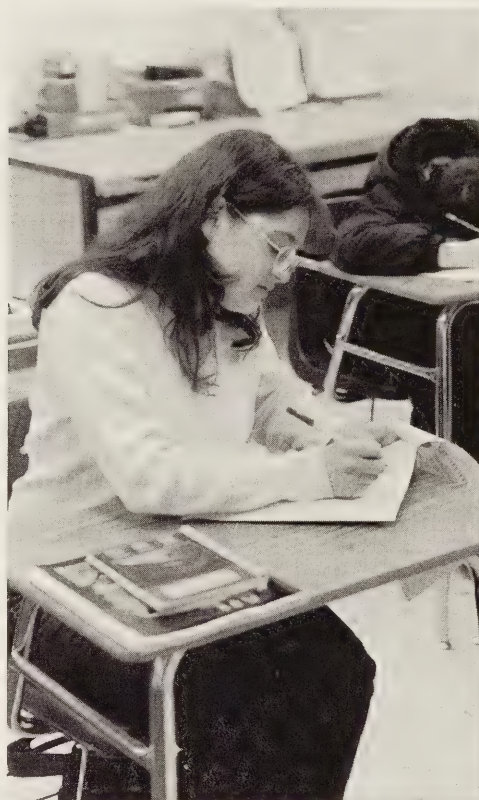


Photo by: Alicia Burton

Unhappy Customer. As part of a vocabulary skit, freshman Jenny Sandler returns an item she bought from freshman Dane Vind in Ms. Jennifer Stock's Spanish II class.

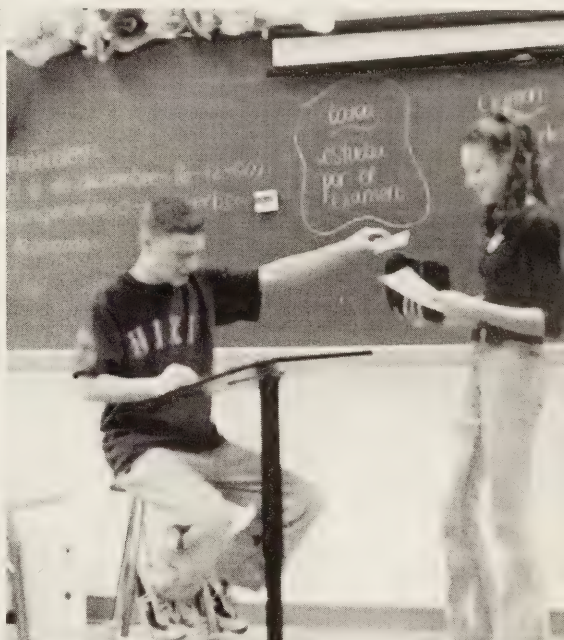
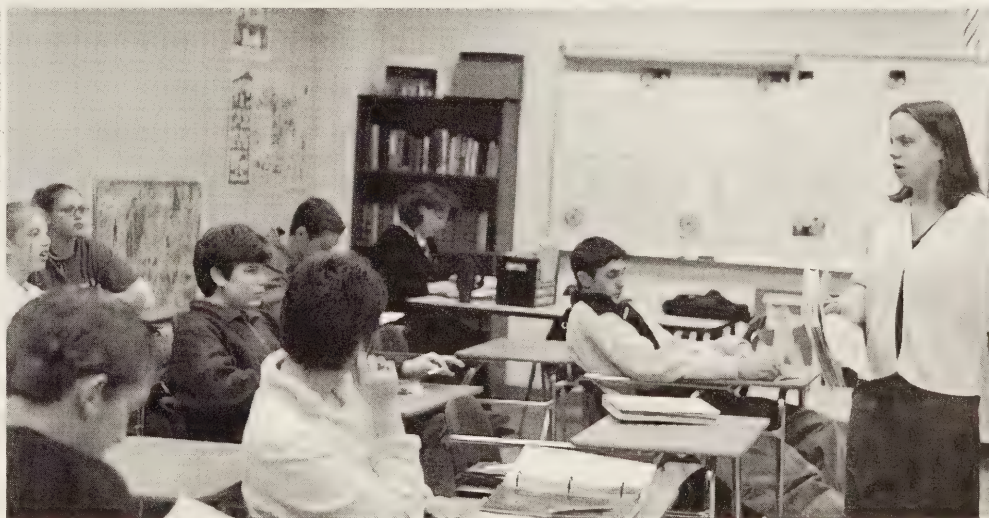


Photo by: Yearbook Staff

Photo by: Lauren Criswell



Model Student. Junior Anthony Kane presents his nine weeks project for German to his sixth period independent study class. Anthony made a detailed replica of a feudal German town.

Living Language. Mrs. Chryse Davis lectures her seventh period Latin I students on declensions and conjugations. Students also learned Roman history and customs.

Zoom In. Senior Ashley Taylor peers through a microscope at a slide of cells. Microscope labs were a favorite of students.

Photo by Becca Dudenhefer

The Cell. Sophomores Brandon Stevens and Marvin Burnett test the permeability of plastic bags in Mrs. Cindy Trant's Biology class. The experiment compared the diffusion of different materials with that of the plastic bag.

Buddy System. Juniors Annie Martz and Amy Messer team up on a bone lab in Mrs. Cindy Trant's Human Physiology class. During science labs, students often chose partners to work with on the procedures.

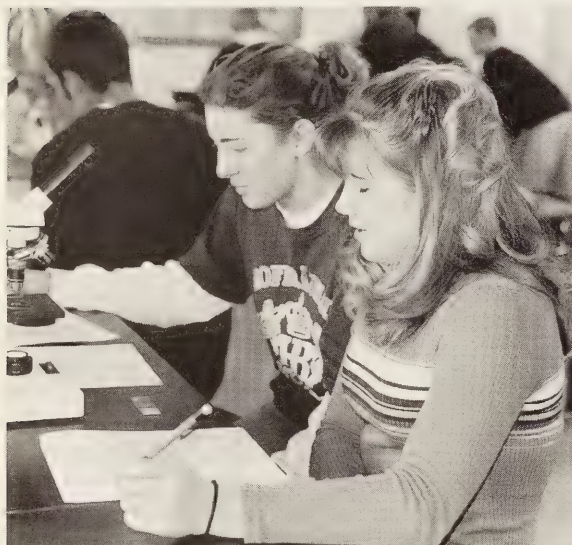


Photo by Yearbook Staff



Photo by Yearbook Staff

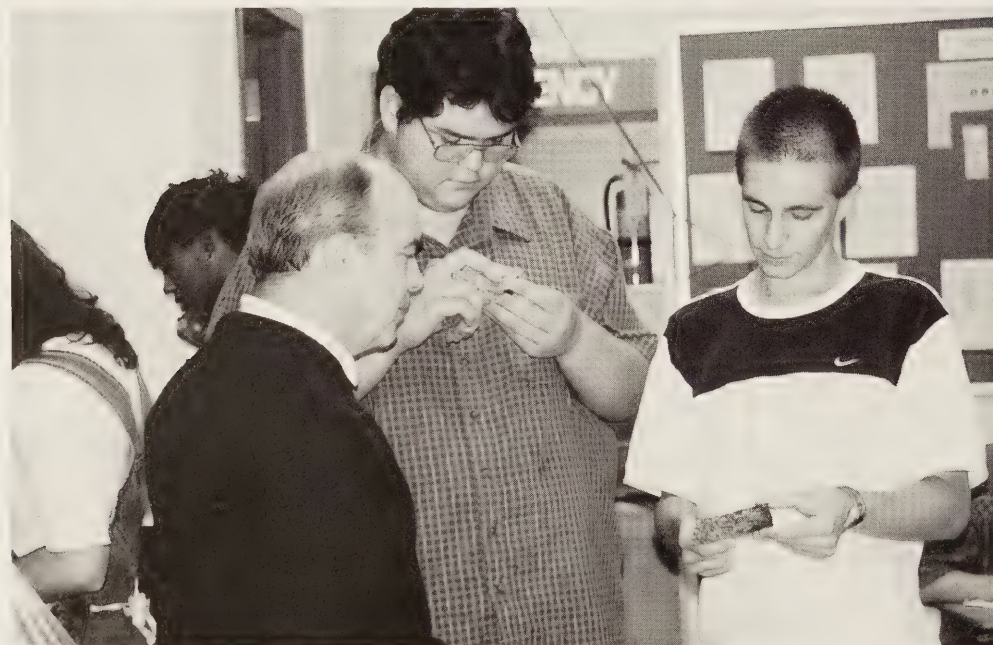
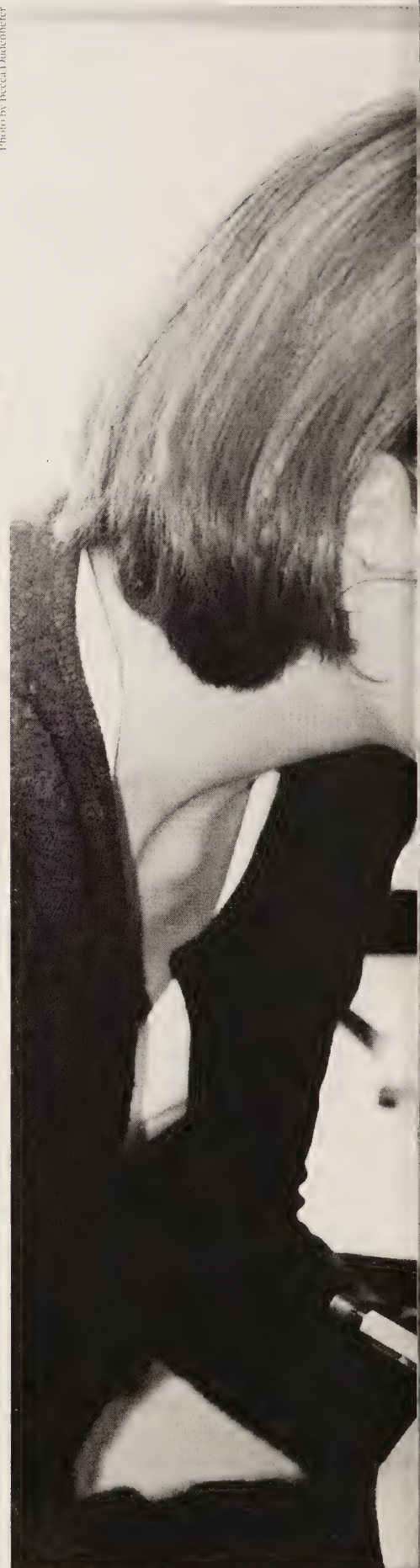


Photo by Jessica House

School House Rock. Under the instruction of Mr. Jim McCloud, juniors Tony Casteel and Allan Hatmaker examine pieces of granite. Students in geology class studied maps and rocks.



Laboratory Work

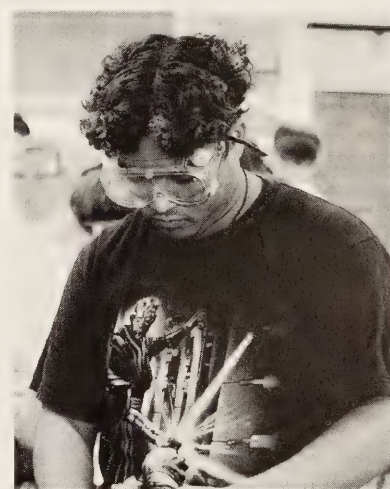
Bones to Botany

Students are extremely different. One can look around in the halls and see faces and clothes and attitudes of all types. Yet virtually all have one thing in common: science class.

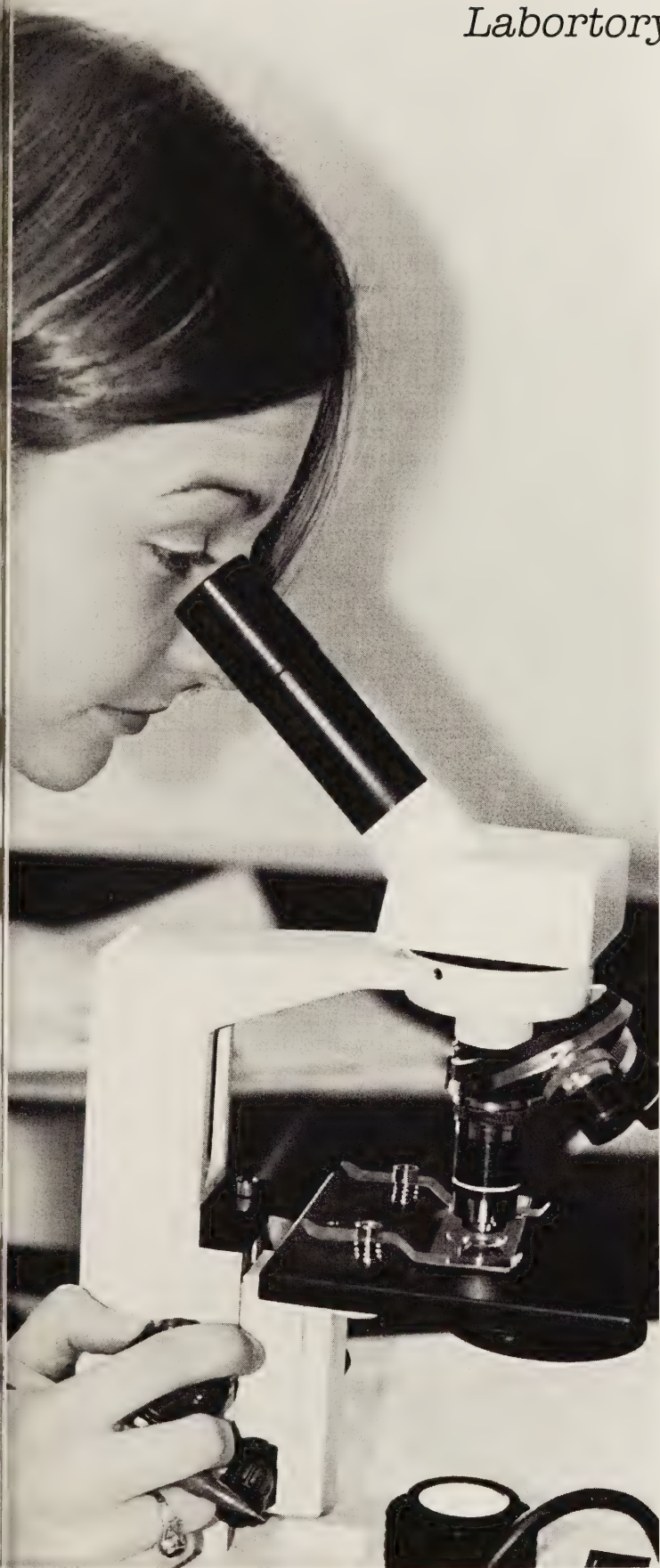
Students liked science classes for many reasons. Getting to do labs was a common one. "Labs are the best way to understand what we are learning. I am a visual learner, and having a 'hands on' activity is so nice. It beats taking notes," said junior Holly Whitfield of her Human Physiology class.

Other opted for different activities. Freshman Jimmy Sans said the best use for what he learned in his Earth Science class was for "Who Wants to Be a Millionaire." All in all, every student managed to come away with something fun from Science class.

By Michael Essig



A for Accuracy. Senior Allan Crosby concentrates on making precise measurements for a chemistry lab. Students grades depended on careful execution of labs to yield accurate results. Photo by Jessica House



Documents, Dates, and Discipline

The Working Class

Business students tasted the real world on a daily basis.

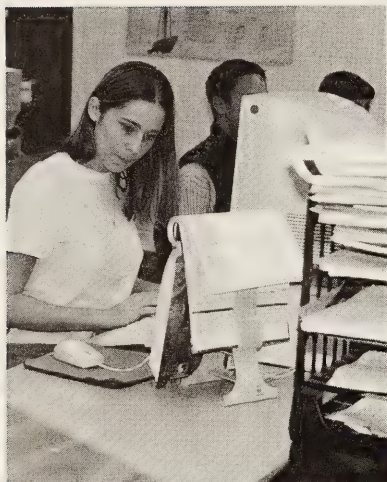
"I have learned how to work with computer programs such as Microsoft Word and Microsoft Excel," said junior

Donny Bochert, an ACIS student.

Business students were introduced to the tools needed in today's market, which helped acclimate them to today's business world. "We have deadlines that we have to meet, and printouts that we have to hand in," said sophomore Philip Banks.

Most students came to realize the importance of dedication, organization, and timeliness through their business classes.

By Christine Wysocki



Double Checking. During her Keyboarding Applications class, freshman Michelle Whitney works on the computer, reviewing her flip chart occasionally. Photo by Becca Dudenhefer

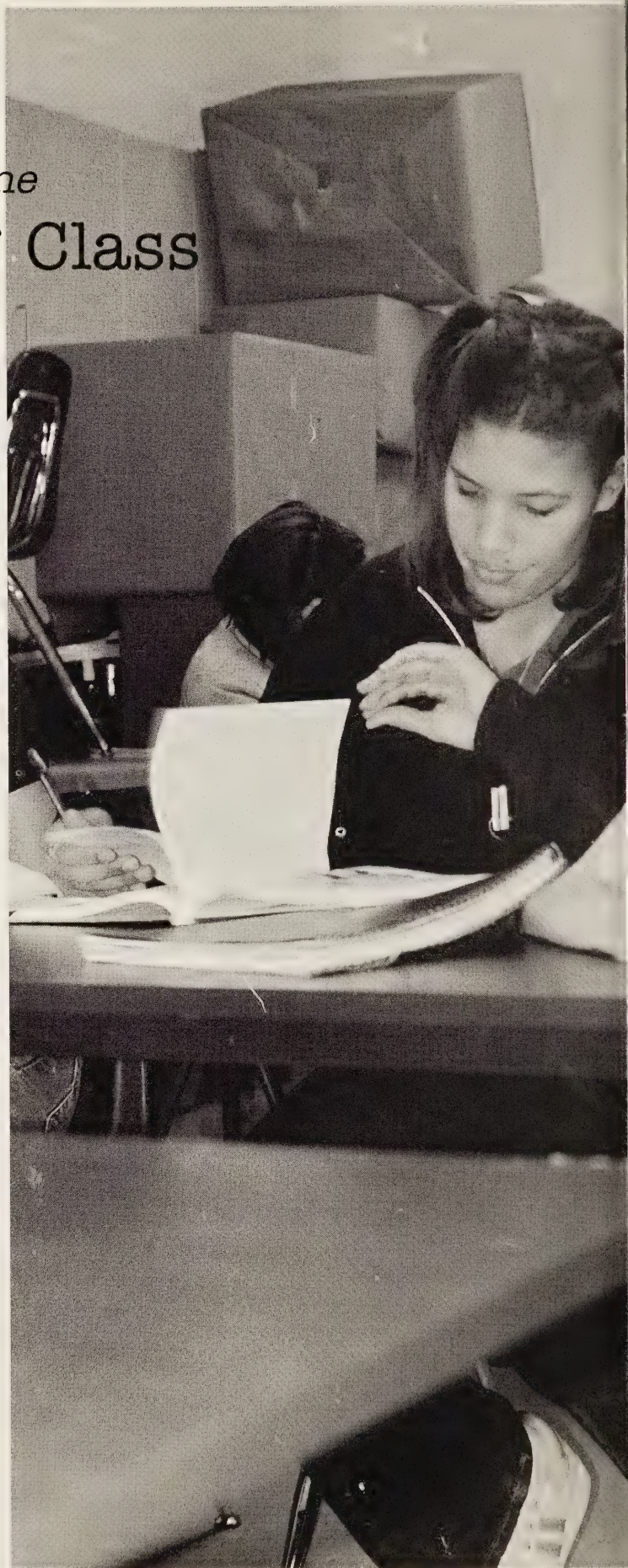


Photo by Yearbook Staff

Finishing Touches. Reviewing a document before she hands it in to Mrs. Debra Ingram, junior Clarissa Rook proofreads her printout.

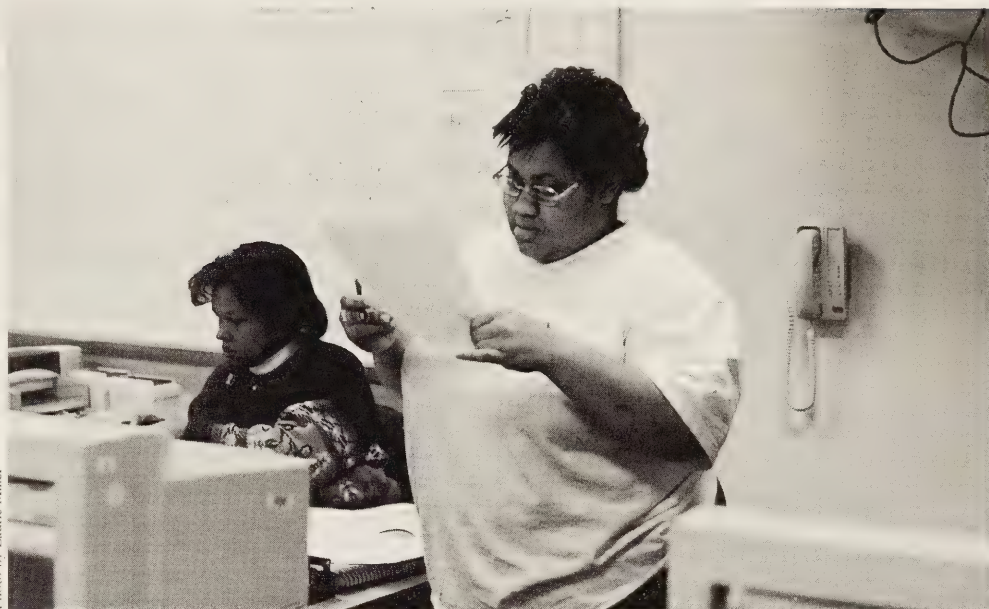


Photo by Laurie Miller

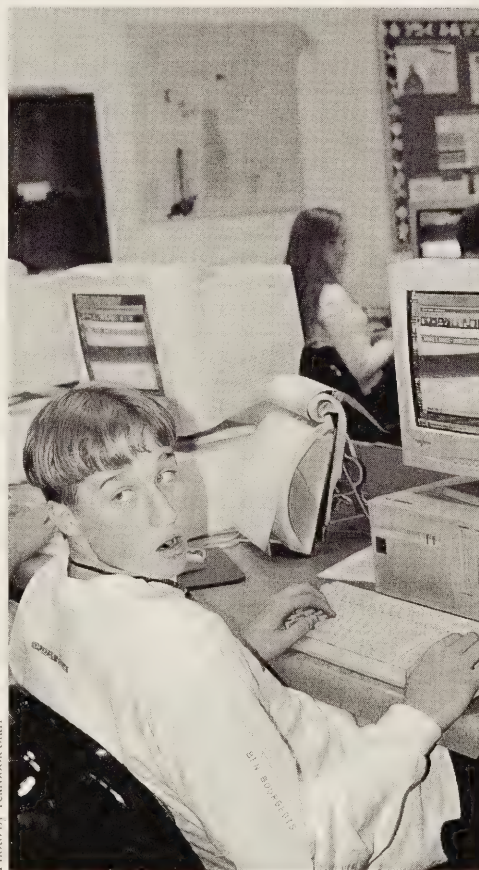
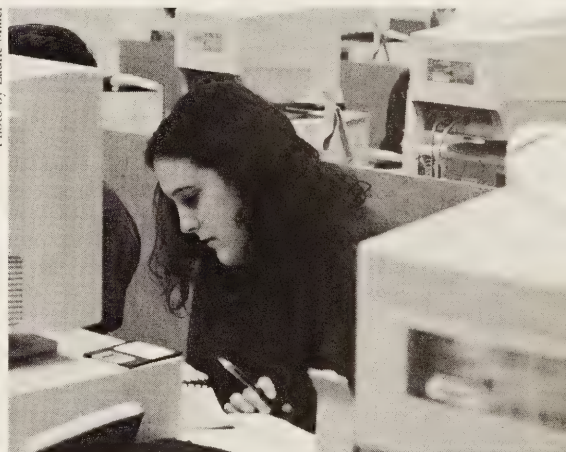


Photo by Laurie Miller



Learning the Trade. ACIS student Kristen Hoffman works on an assignment. "Everyone knows that computer knowledge is one the of the very best things to have when one goes into the working world," said junior Erica Goodrich.

Conquering Computers. During CIS, sophomore Kenneth Stover looks back at a classmate for some help. The class taught how to maneuver through different Windows applications.

Photo by Yearbook Staff

Clothes and More. Sophomore Michelle Bartenfelder studies in Mr. Fargo Wells's fourth period Advanced Fashion Marketing and Design. Students in the class prepared for the fashion show that was held in the spring.

Brushing up on acting skills

Paint and Perform

Latin paper due Friday, biology test Wednesday--and it was only third period. How did students cope?

Despite the stress, students found release in their art and drama classes. Being able to immerse themselves in

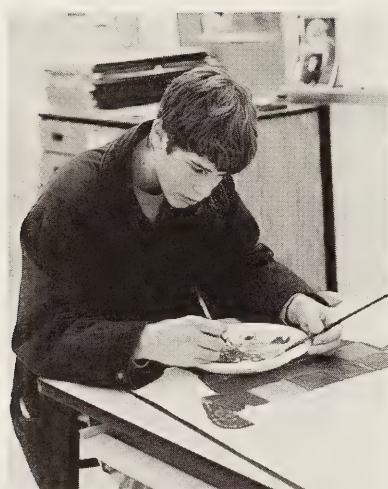
the colors of paint or the emotion of characters gave students the ability to use their feelings productively.

Drama I freshman Kenny Rivers improved his characters by "expressing [my] feelings, like boredom and anger, at certain times."

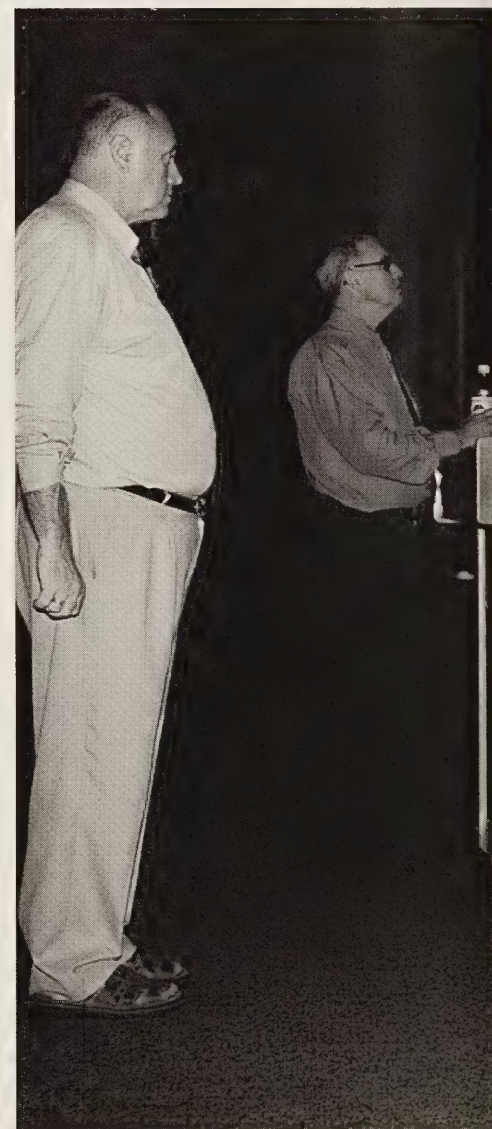
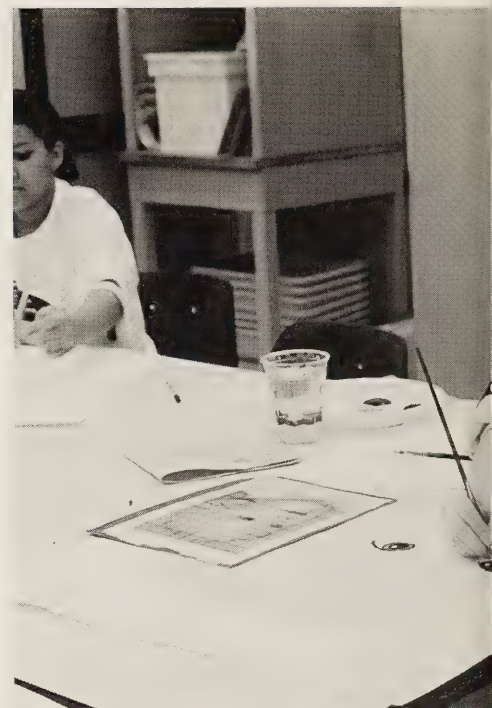
"I draw better when I'm stressed. Art is just kind of a release," Art III student, junior Kjersti Trout said.

Other fine arts students shared Kjersti's stress, as well as her feelings of release. There was plenty of stress to go around, and plenty of outlets to put it in.

By Christine Wysocki



Stroke of the Brushes. During his Art II class, sophomore Jason Dodson mixes oil paints for his art project. Photo by Jessica House



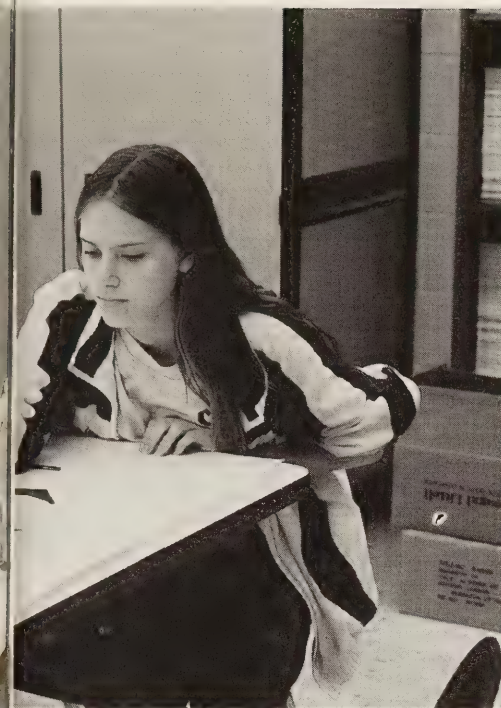


Photo by Jessica House

Baby Face. Based on a photograph taken of her when she was eleven months old, sophomore Kinsley Schroeder paints a self-portrait.

Tied Up. In her Advanced Drama class, senior Amy Goodnight and fellow classmates play a teamwork game. The object was to “untwist” themselves without dropping hands.

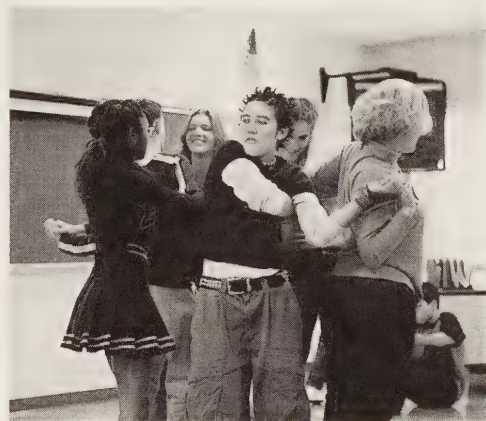


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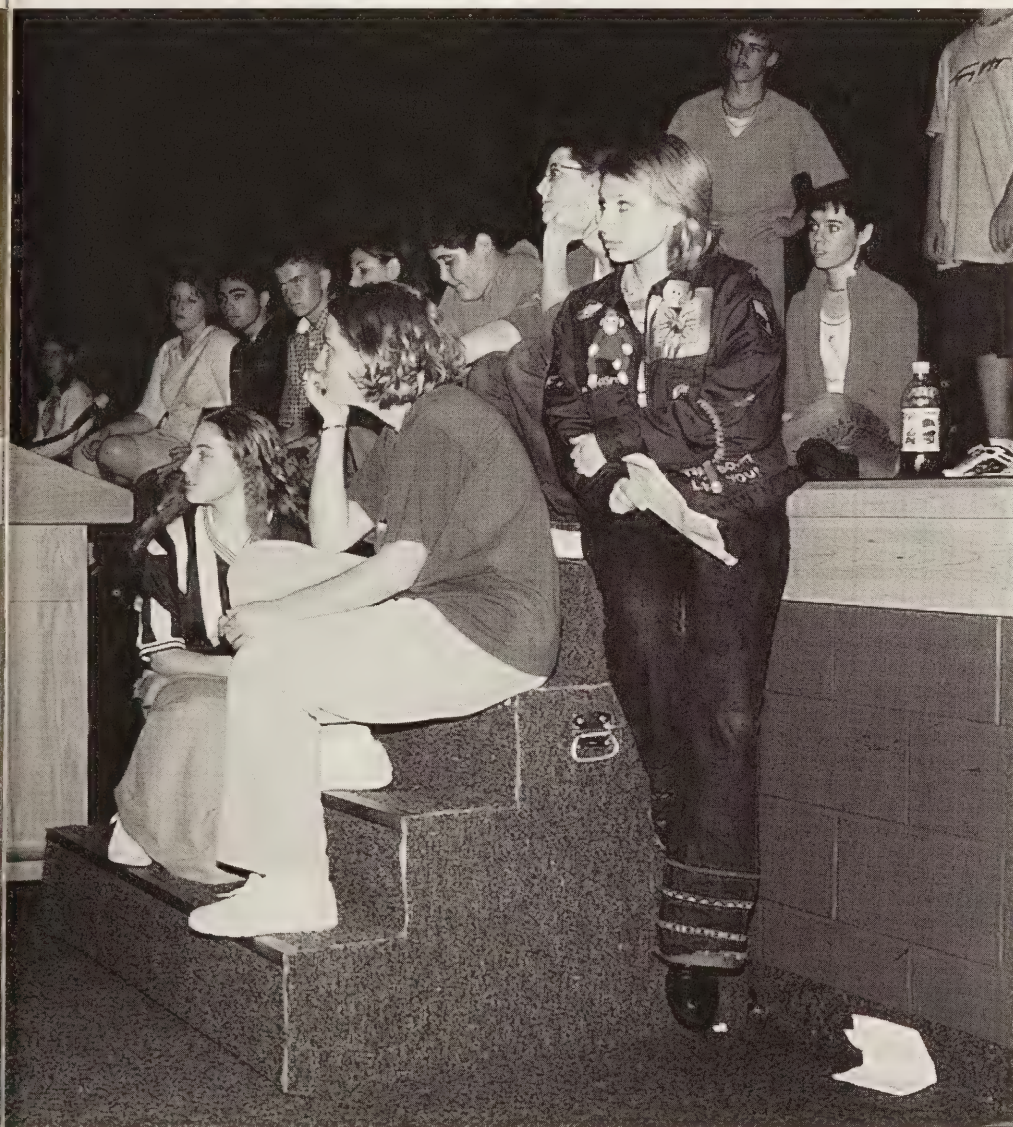
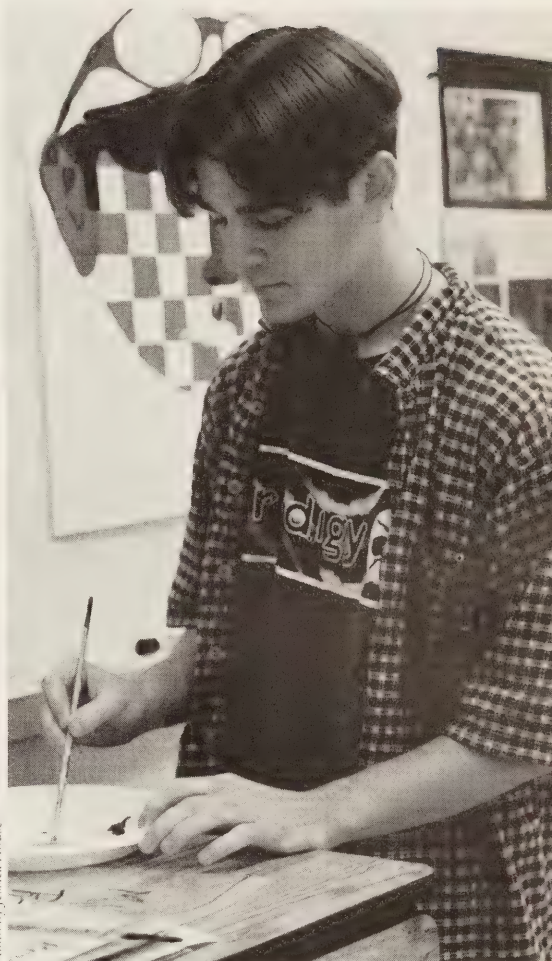


Photo by Jessica House



Concentration. On October 26, junior Michael Robertson concentrates on mixing paints for his art project during an Art II class. Michael painted a portrait of himself in different shades of green and blue. His painting was entitled “Hats Off To Writing On The Wall.”

Expert Advice. Talking to Drama students about technique, guest speaker Mr. Charlie Clute suggests ways to improve the sleepwalking scene in Shakespeare’s “Macbeth.” Mr. Clute critiqued the play during Drama classes. He also spoke to students about costumes, scenery design, and lighting.

Photo by Brandon Taylor

Carrying Band into the Future

The Beat Goes On

Taking band taught students more than just how to play an instrument. According to freshman Nicole Wisniewski, it was a class that “teaches you self-discipline, how to get what you need done, and how to pay attention.”

“Band increases concentration and focus,

along with building cooperation skills,” said junior Anthony Kane.

Band members expected each other to practice and learn their music. “If one person messes up, it can throw the whole sound off,” junior Kim Simpson said. “You learn how to work as a team. It teaches you discipline and dedication.”

All in all, students discovered that the lessons they learned in their band class would help them in the future. Sophomore Paige Bourden said, “It will make me a better person.”

by Bryan Kerr



Two of a Kind. Concentrating on their music, juniors Jinean Carabai and Ashley Mast play “Shenandoah” on their clarinets during their fourth period Symphonic Band class. Photo by Bryan Kerr

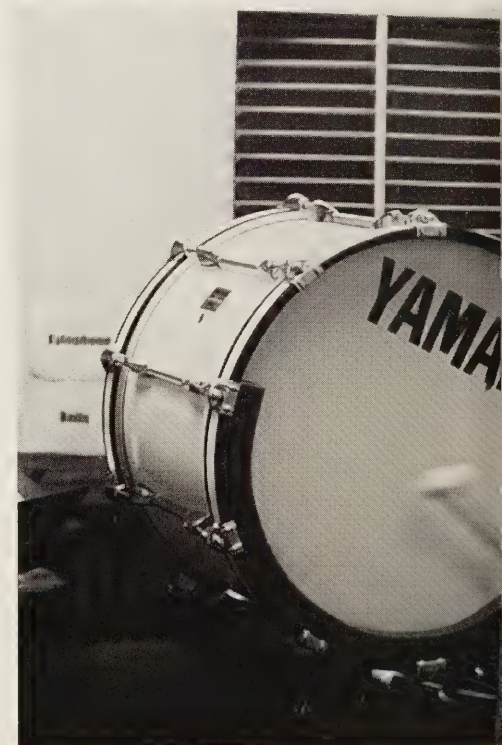
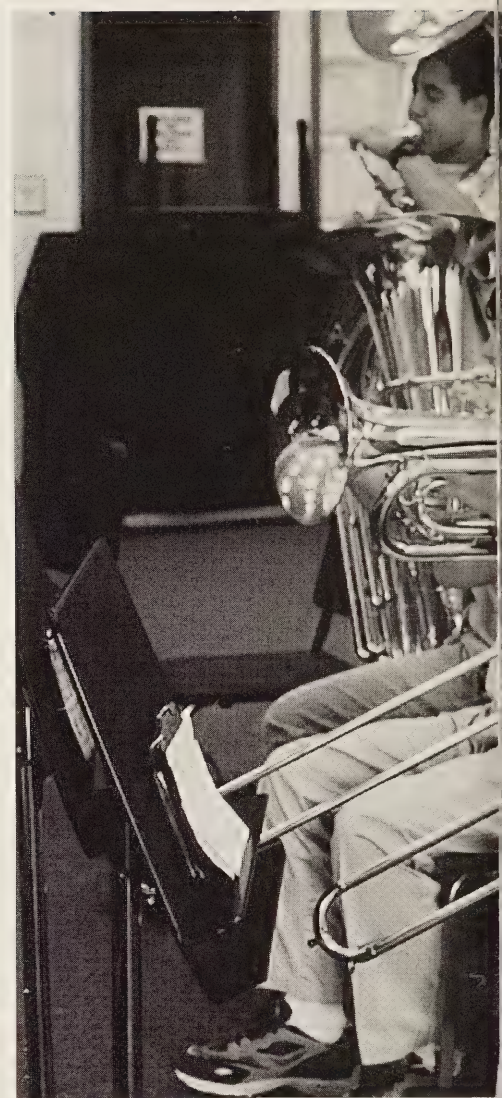




Photo by Bryan Kerr

Toe Tapping. Tapping their feet to keep the beat, freshmen Kris Sandbakken, Brad LaVoie, Kerri Wood, and David Todd play their brass feature in "La Belle Helen."

Deep Breath. During a daily practice session, junior Jamal Matthews plays the bass notes of the song "Hounds of Spring," Jamal said, "The tuba is the backbone of the band and it is unique because not a lot of people have the breath control to play the tuba."

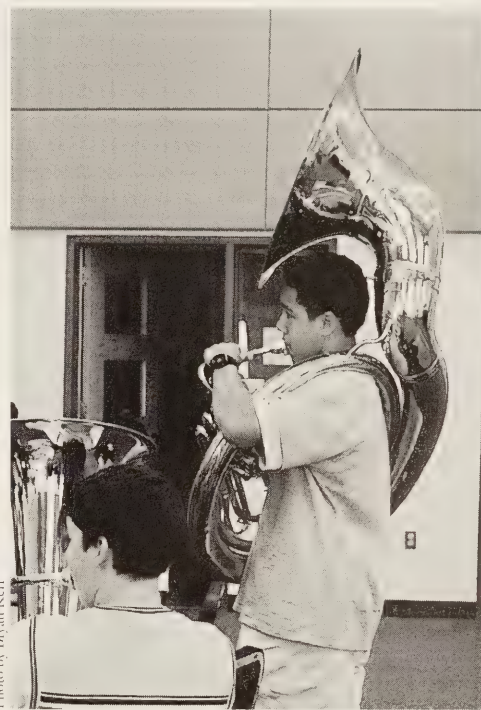


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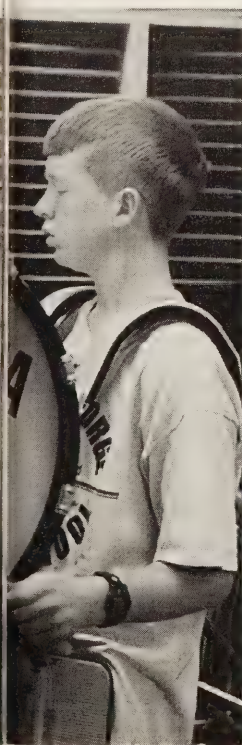


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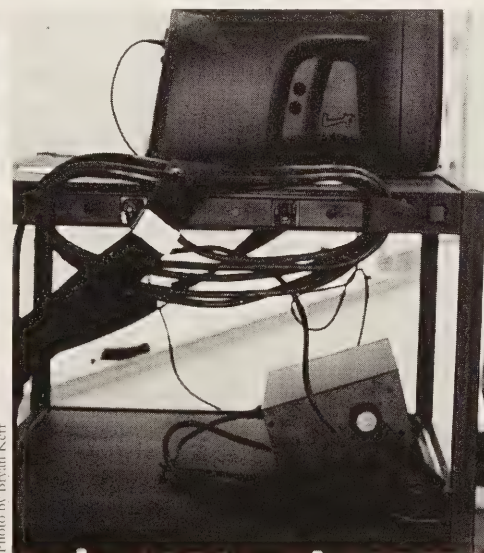


Photo by Bryan Kerr

Little Drummer boy. On October 19, junior Mike LaVoie plays the bass drum in the practice room. "I chose to play percussion because they are loud, make noise, and are fun to play," Mike said.

In Tune. Using an electronic tuner, senior Crystal Kitchens tunes her flute. According to Crystal, the flute played an important role in the band. It "carries the melody and adds a higher tone to overall sound," she said.

Conducting and calling out

Voices and Violins

Chorus and orchestra . . . all fun and games? Not for most students.

"I am going to college for music business, and I will hopefully become a country singer," said senior Stephanie

Houser. "I like the feeling of accomplishment I get from Chorus."

Students in orchestra had similar feelings.

"What I enjoy most about being in orchestra is when we all get together and completes a song we've all worked hard on," said freshman Emily

Dause. "We do work hard

and when you hear the final product, it's rewarding."

Chorus and orchestra students raised their voices and bows to make music and accomplish the goals that they set for themselves.

by Alicia Burton



Right Notes. Amanda Kempfer practices the fingerings of "Brook Green Suite" during class on October 26. Orchestra students did exercises to strengthen their fingers. Photo by Alicia Burton

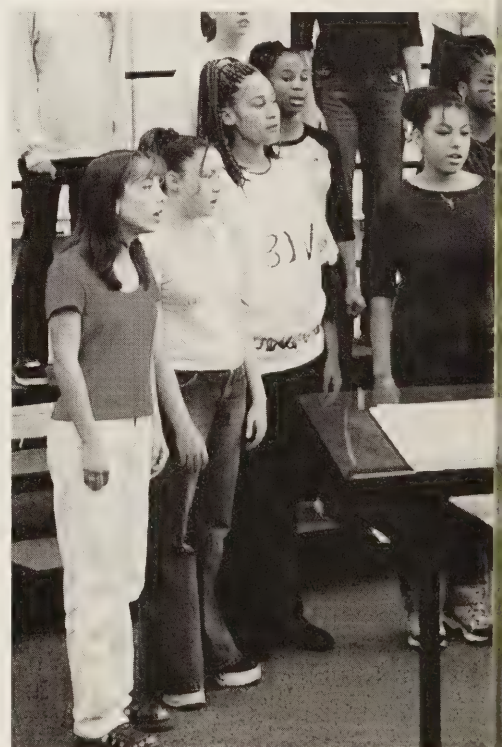




Photo by Jessica Dudenhofer

One Voice. Focusing on their harmonies, the Madrigal choir sings “Tiritumba” at the October chorus concert. The choir began preparing for the concert in September.

Singing to the Masses. At the Fredericksburg Duck Race, juniors Alyssa Townsend and Jenn Hodges sing the National Anthem at opening. Chorus classes required students to perform outside of school on several occasions throughout the school year.

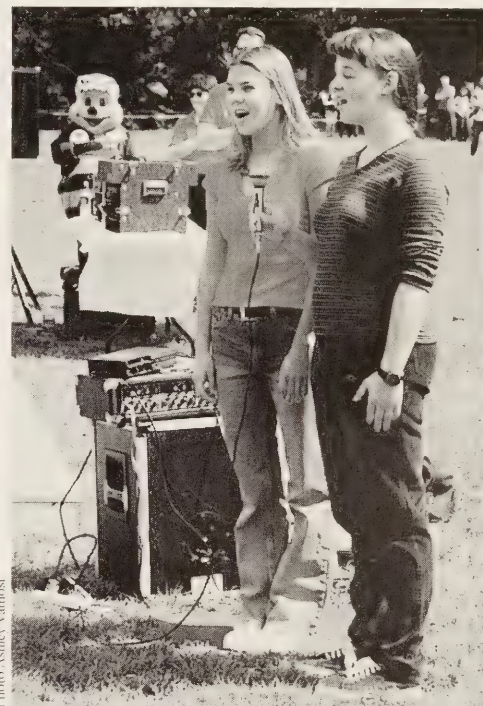


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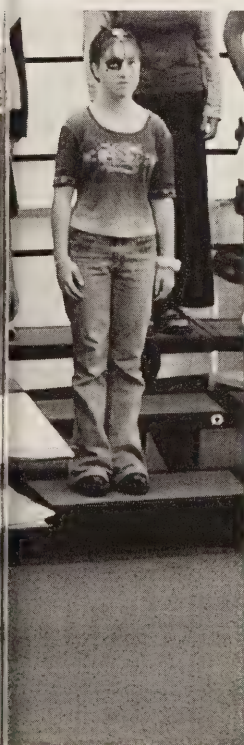


Photo by Brian Kutz



Photo by Mike Burton

In Harmony. Under the direction of Mrs. Barbara Perry, the Advanced Women’s Choir practices blending their voices. “Harmony makes it more than just opening your mouth and letting notes come out,” said freshman Holly Ayers.

All Together Now. During their fifth period class, Orchestra students rehearse a piece for their winter concert. The Orchestra class consisted of only four students and contained students with four to six years of playing experience.

Computers and Cameras

Please Stand By

“Good Morning Colonial Forge!”

This phrase was repeated daily on the morning announcements by a student news anchor. The video productions program taught students the workings of a live news program.

“The most exciting part of this class is working with all of the equipment and getting familiar with how to use it,” said senior Nick Zumwalt.

Students took other technology classes such as Basic Technical Drawing, a class that provided the foundations for fields such as architecture.

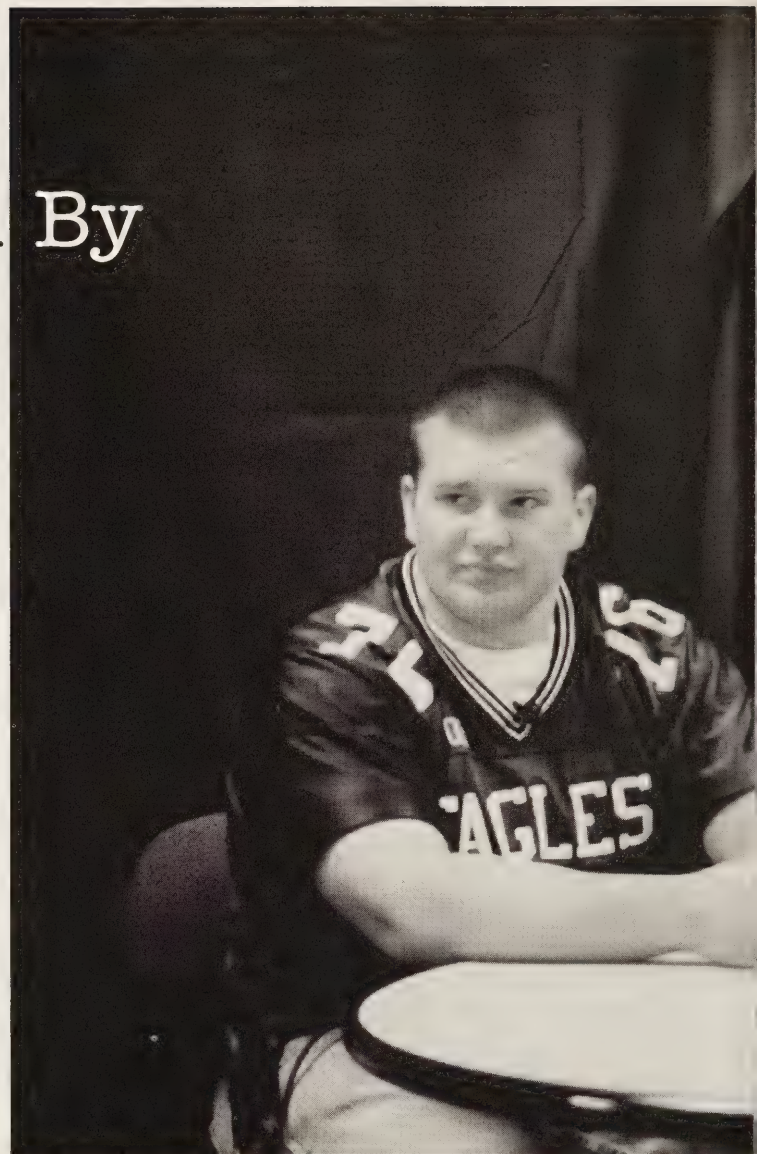
As the technology program developed, students created opportunities for themselves. “The technological world is a growing field. I’m glad I’m a part of it,” senior J.J. Buchness said.

By Bryan Kerr



No More Pencils. Junior Renaldo Hawkins uses the AutoCAD program in Basic Technical Drawing. Pencils and ink were no longer essentials to drawing; they were replaced with mice.

Photo by Becca Dudenhefer





Beautiful Day in the Neighborhood.

Before "Mr. Ox's Neighborhood," seniors Adam Phillips and Jeff Males prepare for their segment on the morning announcements.

Power Projections.

Senior J.J. Buchness creates cue cards for the morning announcements using Power Point 97. "Sometimes the teleprompter gets messed up and the anchors are like 'What do we say next?'" J.J. said.

Photo by Tara Roe

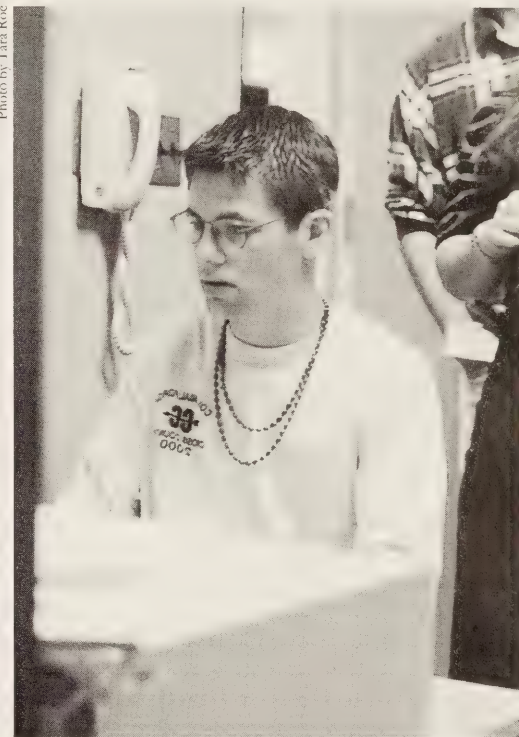


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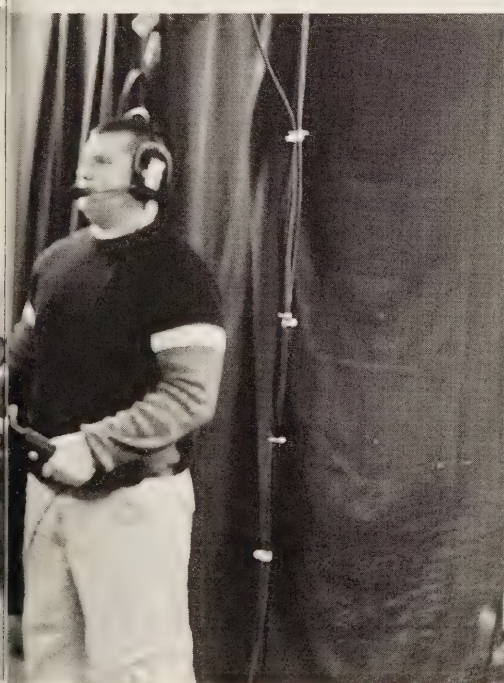


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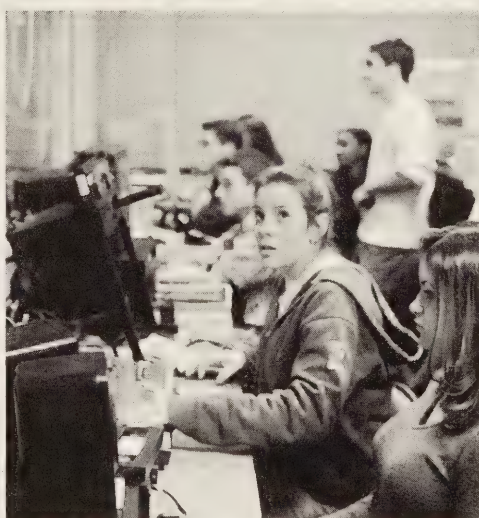


Photo by Tara Roe

Lights, Camera, Action.

Seniors Bryan McNulty and Jeff Males work the cameras for the morning announcements. Keys included panning, focusing, and timing.

Keeping Watch.

Keeping an eye on a monitor, senior Amy Kuchno starts the music that plays during the credits of the morning announcements. The crew used popular music such as Limp Bizkit and DMX during the show.

Careers for Caring People

Serving for Life

Many students from Learn and Serve and Governor's school planned to serve and help the community for their career.

"I would like to be a pediatric surgeon because I enjoy helping people,"

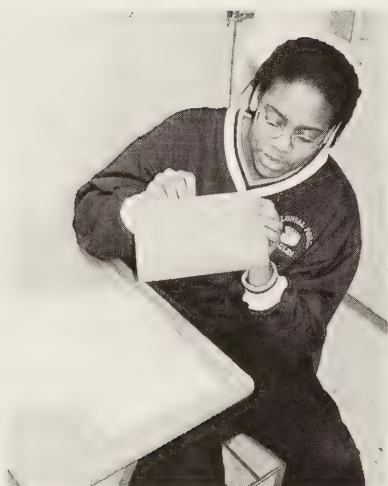
said sophomore Whitney Green, a Governor's school student. Being in Governor's School was an extra stride to forming her future.

Learn and Serve was a way to serve the community. Senior Audra Reynolds of Learn and Serve said, "I plan to be an optometrist to help others with

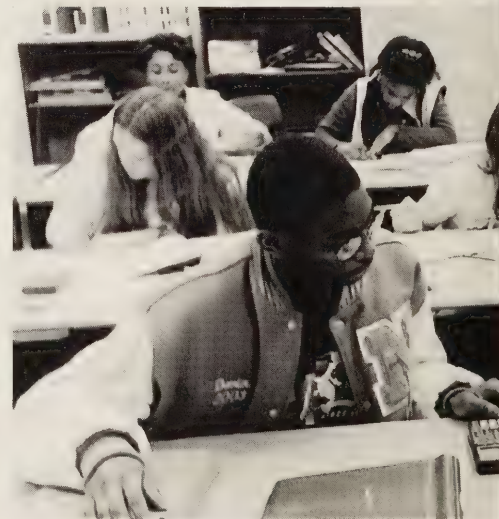
their problems.

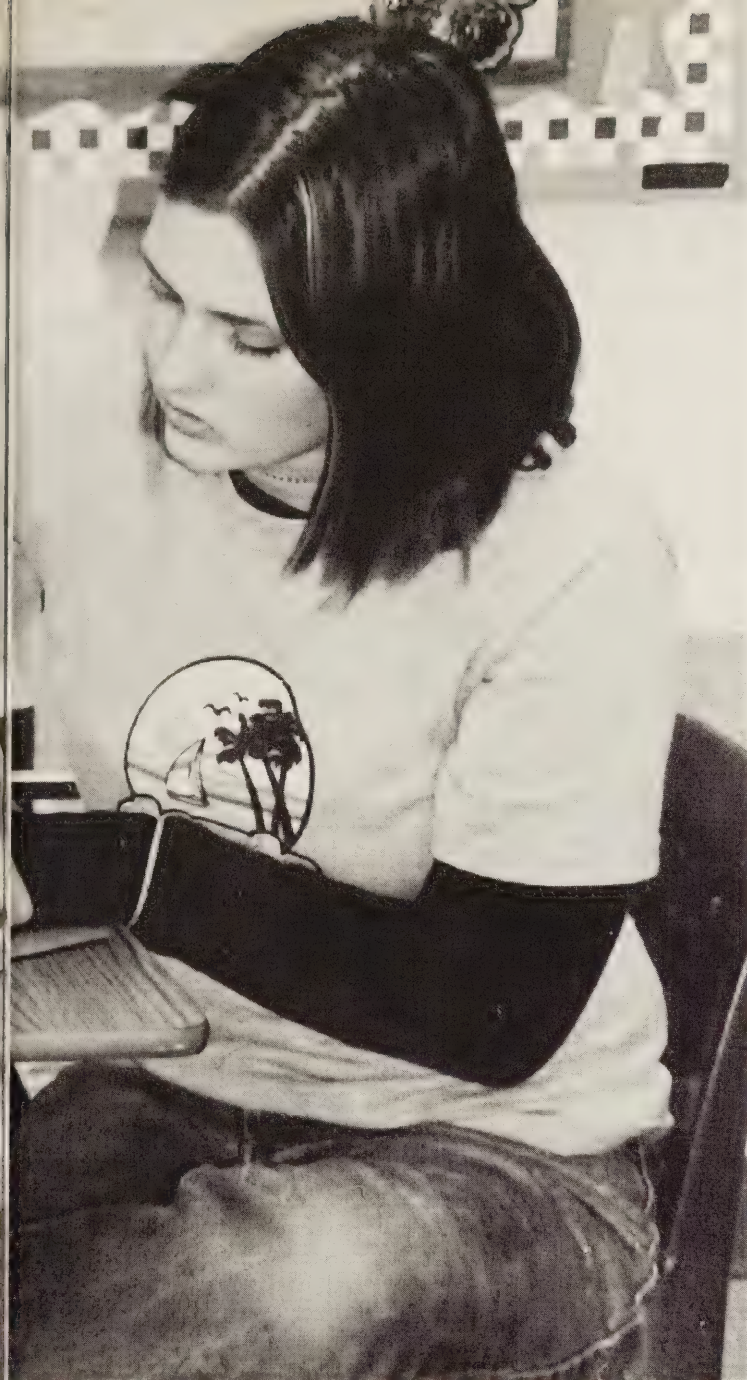
Whether students were volunteering their services now or making plans to do so later, they showed a genuine interest in helping others and a strong desire to assist their community.

By Alicia Burton



Honored Valentine. Sophomore Tish Smith folds paper into a Valentine's Day card. Learn and Serve students made valentines to send to local veterans. Photo by Alicia Burton





Glitter and Glue. Senior Carissa Pickenpaugh decorates a valentine for a war veteran. Learn and Serve made about 200 valentines by hand.

Speed Writers. In Mrs. Mary Bland's Governor's School Algebra II class, freshmen Emily Frank, Emily Dause, and Elliot Sperlazzo take notes on vectors.

Photo by Yearbook Staff



Photo by Alaina Hernandez



Photo by Alicia Burton



Photo by Michelle Fahie

White Paper Only. Seniors Christina Wynes, Kammi Heddings, and Carissa Pickenpaugh collect paper for recycling. Every Tuesday, Learn and Serve made their collection from each classroom.

Intellect. Sophomore Taryn Brice helps a North Stafford student, as Colleen O'Hagan finishes her homework.

Daily Grind. During his PE class, junior Tim Brown starts doing his twenty required crunches. PE students began their class everyday with crunches, pushups, and stretching exercises.



Photo by Yearbook Staff

All Taped Up. Using tape, sophomore Steven Cunningham wraps junior A.J. Fales's thumb before he participates in a basketball game. Athletic trainers learned how to treat injuries.



Photo by Yearbook Staff



Photo by Kevin Dodson

Passing perfection. Sophomore Mickey Black practices her handball passing techniques in Coach Don Cascias's seventh period P.E. class. Practicing was part of getting ready for the upcoming tournament.

Triumph of the Triceps. During Coach Karl Buckwalter's Strength and Body class, sophomore Richard Jones concentrates on his tricep extensions.

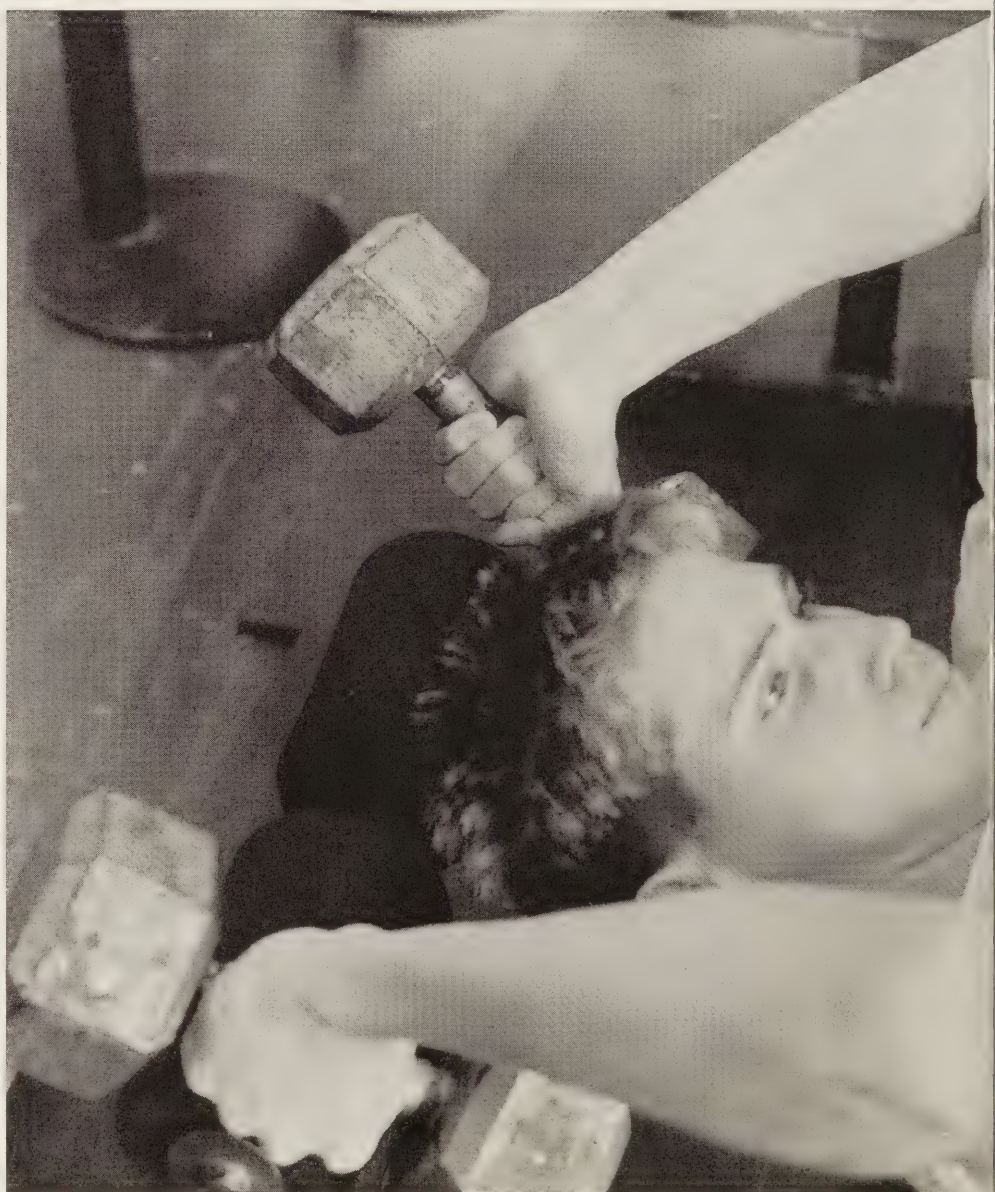
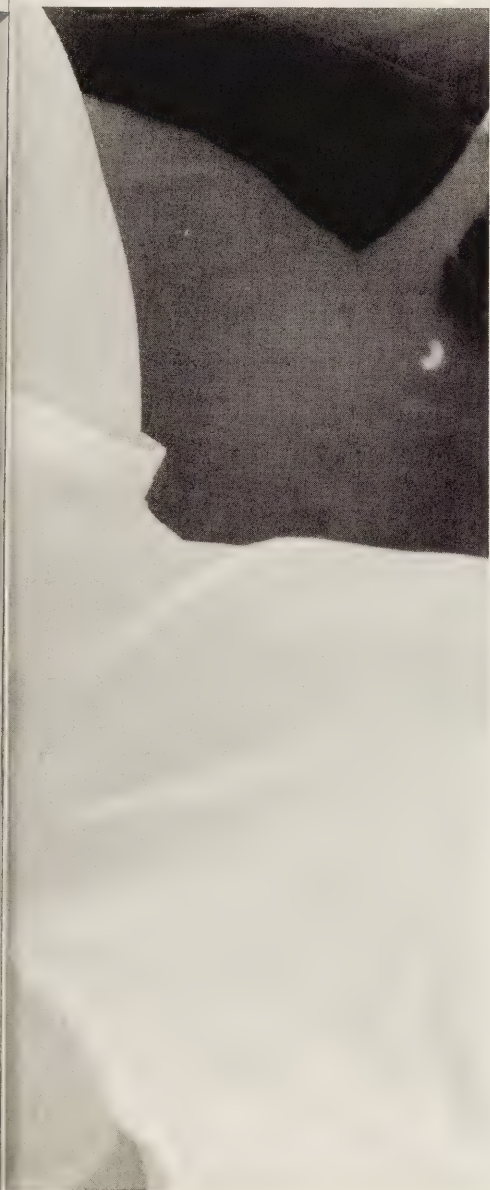


Photo by Tara Roe



Not just for the boys

All the Buff Stuff

Imagine walking into a room and seeing guys hoisting hundreds of pounds over their chests. Now look closer and see four females in “a man’s world” of machines and weights.

Some ladies were intimidated in physical education and weightlifting classes. Still others felt right at home. “Having a class full of guys isn’t intimidating. It’s about the equality,” said senior Crystal Frakes.

Physical education, a requirement for freshmen and sophomores and an elective for juniors and seniors, was often thought of as “a guy class.”

However, females proved that it was not just for the male gender. Freshman Julia Harris said it was the way she stays in shape. “I exercise and all of the other good stuff you’re supposed to do. It doesn’t matter that I’m a girl.”

by Alaina Hernandez



Celebration Dance. Sophomore Maria Javios of Mr. Don Cascias’s P.E. class celebrates an assist during her handball game. Handball was taught to all 10th grade P.E. classes to encourage teamwork. Photo by Tara Roe

Working together, our parents, teachers, and community helped us grow into the mature young adults we became.

They invested in us, giving of their time and money. Donating masses of food and over \$2000 in gift certificates, as well as eight hours of sleep, our community kept us safe and gave us unforgettable memories

more than... *service*

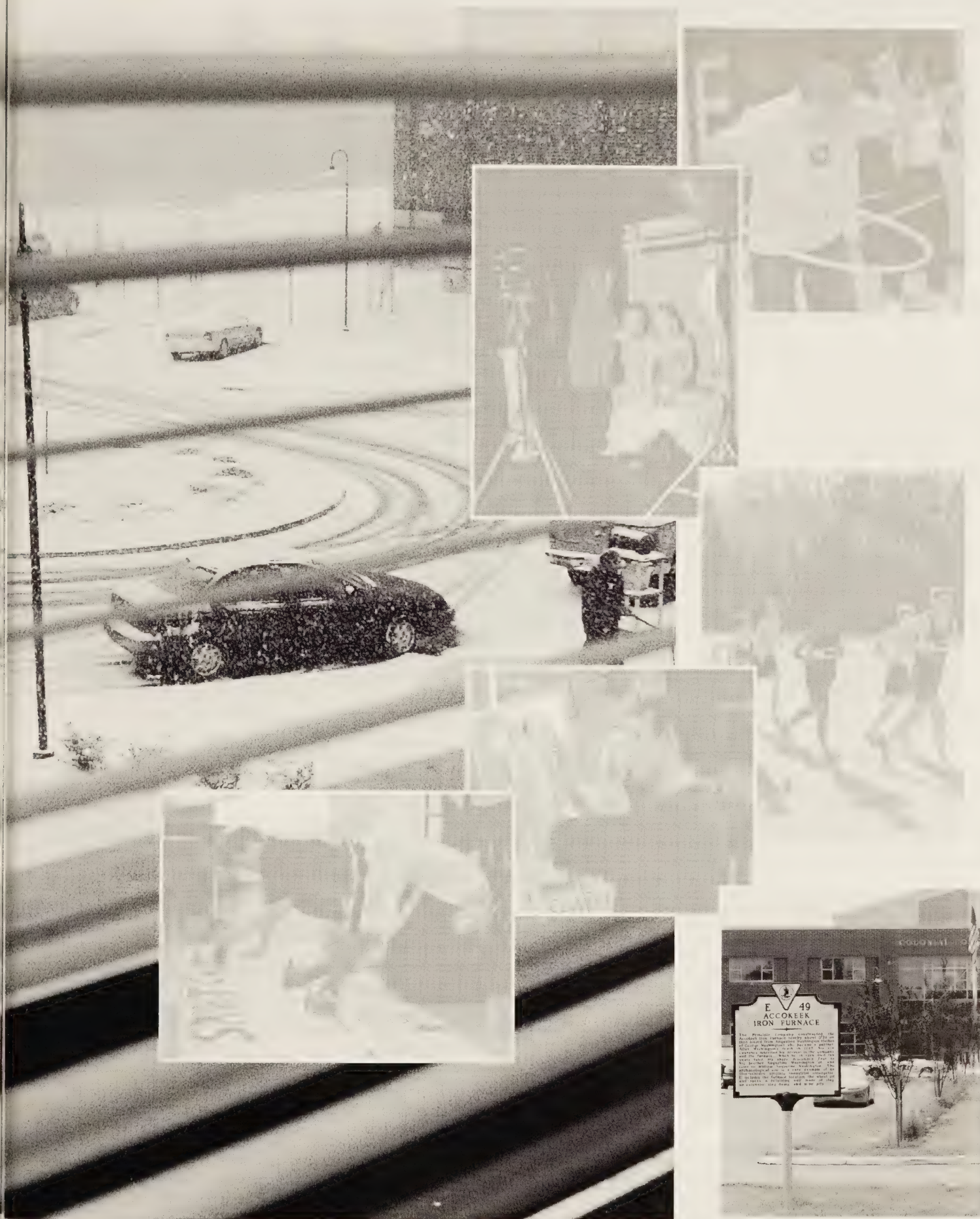
at After Prom. Helping our fundraising attempts, Wawa allowed us to hold car washes in their parking lot. Local restaurants contributed food for the spaghetti dinner.

Placing their faith in us, our community watched us grow and learn, letting us stand on our own and yet giving us someone to lean on when we needed it.

by Kelly Burcham

Let It Snow. As snow falls, parents rush to pick up their children. On Thursday, February 22, Stafford County schools were forced to release early, due to bad weather and poor road conditions. Students drove home in the snow, taking some over an hour to reach their homes.







We loved you then, we
love you now, we'll love
you forever.

Follow your heart, and
your dreams will come
true! Never settle for less.

Congratulations, doll.
We're proud of you.

Love, Mom, Dad, Heather,
and Peedie

Kim Morrow



Shannon Mudd

Shannon,

We are so proud of you. You are our angel
from heaven. You have brought us so
much joy! We are proud of the person you
have become. You are going to be an
outstanding nurse or anesthesiologist.

Love,

Mom, Dad, and Jason



Nikki White

Nikki,

Your smile brings joy to
our hearts, and your love
fills our hearts with smiles.
We are so proud of you.

Love,
Mom and Dad



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Aim High!



Malise Tepera

We are very proud of everything you have accomplished in these 17 years. You are a very special person to all of us, and we hope that all of your hopes and dreams come true in the future. We love you.

Mom, Dad, Catherine & Michael



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Lauren Mooney

OH SO CUTE!

Congratulations, Lauren.
We're so very proud of you!
Love,
Mom, Dad & Caitlin



Margaret Adair, Joanne Gold, Katherine Harris,
Elsbeth Ridout, Shannon Mudd

*You made it!
Friends all the way!*



Robert Rankin

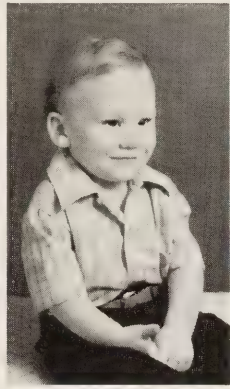
Pick up your room.
Call home if you're
going to be late.
Eat your veggies.
Say please and thank you.
Play fair.
Study hard.
Dare to soar.
Know we love you.
Love, Mom & Dad



Joyce Owens

Joey--WE MADE IT!!! Now it's time to get out of the "MON" and go make our dreams come true! And I know we can make it happen! Well, all I can say is thanks, or should I say taayx, for being such an awesome friend. I seriously don't know what I would have done without you! "Joey is always right!" You know I am here for you whenever you need anything! I luv ya!

- Kris



Sean Dare

These are the times of
your life. Go for it all.
Don't ever give up on
your dreams! We are so
very proud of you. Good
luck in all you do.

Love,
Mom, Dad & Reenie



* Christa,
* Congratulations to our little star!
* We are so very proud of you!
* Love,
* Mom & Dad

Christa Cregger



Adam Garcia

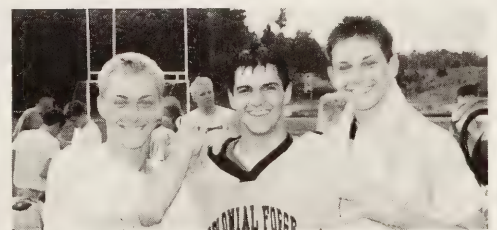
We don't know where the time went.
How is it possible that our baby is now a
man?

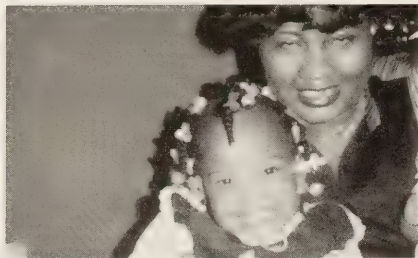
You have always been the bright spot in
our lives
and now you can shine on the rest of the
world.

We are so proud of you, Adam.

Love ya,
Mom & Pops

Congratulations cotten guy
Love,
Eric

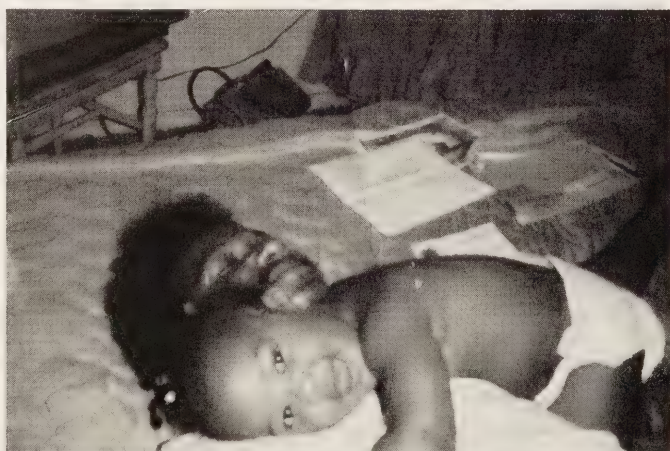




DonQuenick Beasley

DonQuenick, we have adored you and loved you since the first day we saw you, our only daughter. We are so very proud of your accomplishments in school and all the good grades you brought us over the years, and we want you to know, that wherever life leads you, we will be there to cheer you on and be in your corner. You are such a beautiful young lady, and your parents love you very much.

Mom & Dad



Elsbeth Ridout

Techie Power!

"Just give me a bag and some duct tape, I'll make you a costume!"



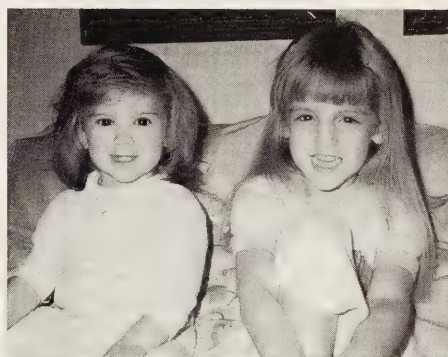
Natalie Childress

Natalie-

You're finally a senior! Yes! And through all of these years, you have taught me so much. Even though we had only one year of high school together, you've given me things to take with me the next three. I hope you have fun in college and don't ever forget this year we have had together!

Love,

Your one and only sister, Nicole



To our big girl,

You have been the best big sister and the best blessing to our lives. We are so proud of the young woman you have become and the sister you continue to be. You are the best, the First... our big girl!

We love you bunches,
Mom & Dad

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Sunday: 11:30am - 9:00pm

Elsbeth Ridout

Hope your life is like
a day at the beach!

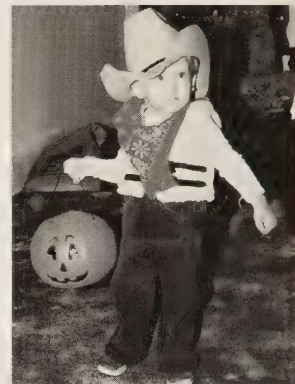


Love you,
Mom & Dad

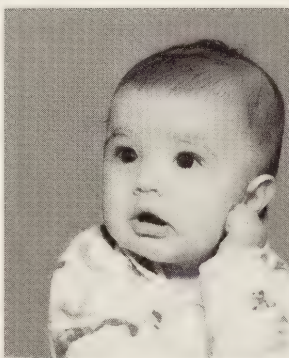
Adam Phillips



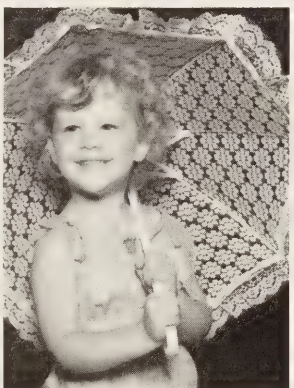
Congratulations Adam
We're so proud to see
you at the top. Always
strive to do your best,
and you will succeed. We
love you.
Mom & Dad



Morgan Crandall



In all your ways
acknowledge him, and he
shall direct your paths.
Congratulations Mogi Bear.
All your hard work paid off.
We wish you happiness and
health in all your future
endeavors.
We love you!
Mom & Dad



I've watched you grow, through the
years, from my "little Angel" to my
more grown up "not always an Angel"
Angel. I love you and I'm so very
proud of you.
P.S. I couldn't resist using the nickname.
Love,
Mom

Mary Mattison

Katherine Harris & Elsbeth Ridout

Friends forever.
We're proud of you both-Good Luck
Love,
Both of your moms & dads.



Tony Levine

Tony,
Thank you for always
stickin' by me.
I'll miss giving you hugs
in the hall next year.
Good luck!
Love,
"Your little sis"



Brittany Trant



Who knew our little octopus-head would grow up to be so beautiful? Though you have become a strong, highly capable, independent young woman, you will always be our precious little girl. Brittany, you truly are something special and we could not be more proud. You have brought us tremendous joy since the moment you were born. When you go to college, the weeks will be stress-filled, home-cooked meals will be scarce, and dirty laundry will pile high. So when the weekends roll around, please come home and rescue us! While you're there, we'll watch "Lion King"!

We love you,
Dad, Mom, Bo & Bryce



Mitch Nason

We are proud to be your family, proud of your accomplishments so far, and we're looking forward to celebrating your future.

Love,
Mom, Dad, Jesse, Ben & Gramzee



Jennifer Haas

Together we have reached many heights.
We are proud of the beautiful young woman
you have become.
It is time for you to spread your wings and fly solo.
We know you will achieve many great things.
We love you!

Mom, Dad, Ben & Alexander



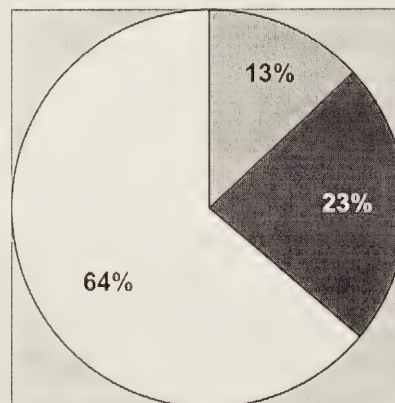
Ivelize Vega

You did it, girl! I am so proud
of you. Always remember to
keep going, and never give up.
You can do it. I will always be
there for you, as we always
have been for each other. Reach
for the stars, baby.
Love, Mom



tell me more...

The 2000 Presidential Election was a heated race, with the outcome finally determined long after the initial Election Day. However, out of the 56 students polled, the results were far more one-sided.



- ☐ Ralph Nader
- ☒ Al Gore
- ☐ George W. Bush

Who would you have voted for
in Election 2000?

Ashley Lauren Elizabeth Taylor



We are so very proud of you.
You have been a shining star that has
brought sparkle and light into our lives.

God truly blessed us
the day you were born.

Love,
Mom, Dad, Stacie & Brandon



Michael Barnes



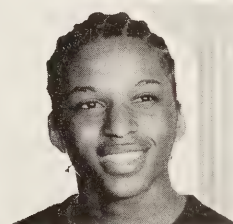
You are my sunshine, the light of my eye.

I am so very proud of you.

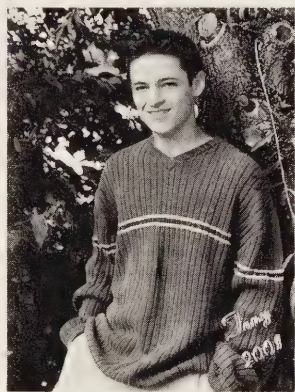
And as you venture out
into the world as a man,
you will still always be my baby.

Congratulations!

Love,
Mom



Anthony Seville



When you were first born,
you latched onto your
father's finger and would not
let go. Over the years you
have latched onto our
hearts, and we will never let
go. We're very proud of you.
Congratulations and good
luck at WVA.

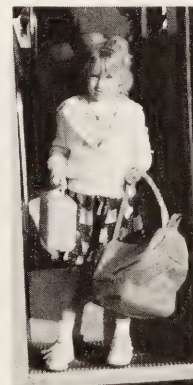
Love,
Mom, Dad & Deanna



Liz Sowers



To our favorite Girl kid



From your first day
of school
To the day you have
graduated ,
You have made us
proud!
God has blessed us
with you!
We love you very
much.

Michael,
Mommy & Jon

Steven Van Amerongen

This is the first of many wonderful
accomplishments in your life. Always
know how proud we are of you and
that you are loved. Most of all, never
forget who you are, and you will always
be successful in everything you do.
Congratulations!

Mom & Daddy Dave



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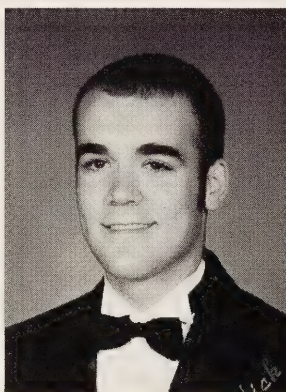
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Nick Zumwalt

We love you and
are so proud of you!
Never forget
who you are!

Love,
Dad, Mom & Zak



Dear Nicki,

You are one of our greatest
treasures; we wish you success and
happiness in all that you endeavor.

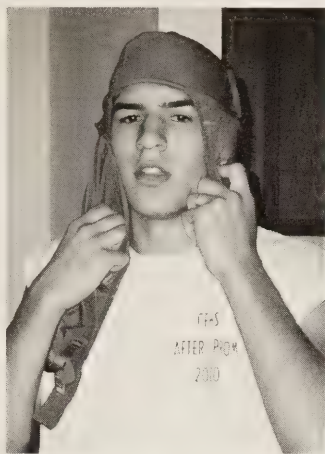
Love,
Mom & Dad

Nichole Neubert

You've come a long way, baby . . .
and we're so proud of you.
Love, Mom & Dad



Mat Smith

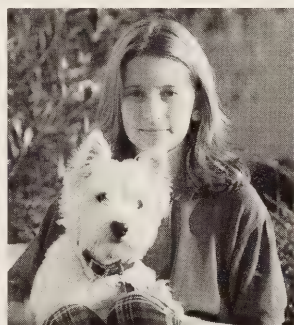
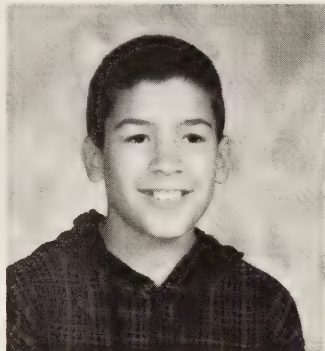


A.J. Correia

A.J.,
Congratulations!

We love you!

Mom, Dad, Valerie
Mammaw & Paw



Heather Johnson

You mean so much to us and we are so very proud of you. Always make the most of your strengths and talents.
Love, Mom & Dad



Chrissy,

Twelve short years, how fast they go.
It's been amazing to watch you grow.
You're up and running, on your way;
May God guide your steps every day.

Love,
Dad, Mom & Cynthia

Chrissy Dodd



Jessica Ostrom

God cares about every detail
in your life.

"And even the very hairs
on your head are all numbered."
--Matthew 10:30

Love,
Mom & Christopher





Jennifer Payne

Seems like only yesterday when you were born, now you're graduating. Make the best of every day. Enjoy life to the fullest. The future is yours. May it be filled with love, happiness and success. We are so proud of you!

Love,
Dad, Mom & Kristen

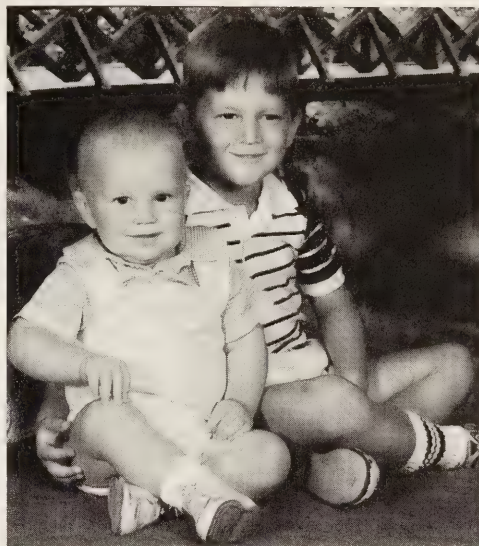




Jeff Males

*May your heart always be young
and all your dreams
come true.*

*Love,
Mom, Bill & Phil*



Lauren Griswold

We are so proud of your kind and gentle ways. May all your dreams come true.

Love you forever,
Mom & Dad



Success is speaking words of praise,
In cheering other people's ways,
In doing just the best you can,
With every task and every plan.
It's silence when your speech would hurt,
Politeness when your neighbor's curt.
It's deafness when the scandal flows,
And sympathy with other woes.
It's loyalty when duty calls.
It's courage when disaster falls.
In all of life and nothing less,
We find the thing we call **SUCCESS**.
With love and pride,
Dad, Mom & Katie



Kristi Swisher

You did it, and now you're ready to go places.
Congratulations!

Love,
Dad & Brady



Erin Millbaugh



Heather Glasgow

Congratulations, Heather, we're
so proud of you.

*"I do all things through HIM who
strengthens me."
Philippians 4:13*

We love you, Heather!

Dad, Mom, Jennifer, Hannah,
Rachael & Elizabeth



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Morgan,
We knew you when you were
just a Princess . . .
Now you are a Queen.

Laurie, Martha & Tricia
CTA



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Congratulations
to our Princess!



We are so proud of you.



May all your dreams come true.
Good luck and God Bless.
All our love always,
Mom, Dad & Jennifer

Joanne Gold



Heather Christine Benson

There was something special about you from the first moment we saw you. Through the years, you've exceeded our expectations. We are constantly amazed at your accomplishments... Especially how you can fit so much junk in a little bedroom.

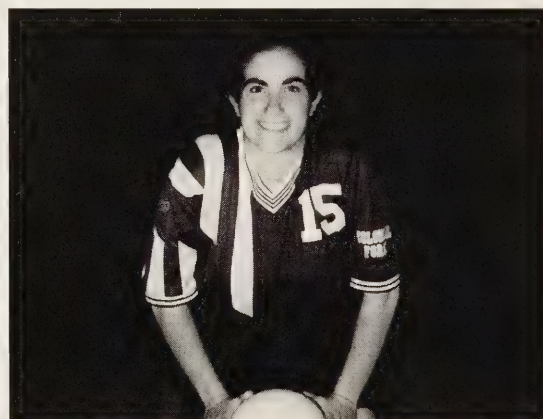
Our hope is that God continues to bless you, that you find happiness and much success in all you do.

All our Love,
Mom & Dad

To my bat girl, partner in crime, puffy haired nerd, confidante, giggle partner, biggest cheerleader and the best little sister and friend a girl could have. I am so proud of everything you have done and will do in the future.

Just thought I would let you know, even though we will be far away soon, it's only a phone call away.

Love you,
Lorien



From floating with the Flamingos... Running with the Cougars and Wild Cats... Dancing with the Indians... And soaring with the Eagles...

You've always made us proud!



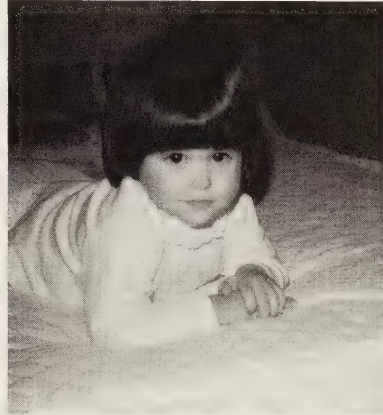
Michael Gillies

"For I know the plans I have for you," declares the Lord. Plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

Michael,
We could not be
more proud of you!
We love you,
Mom, Dad, Lauren & Kaitlyn

Emily Mathusa

Congratulations Emily!
You've been such a joy to
us . . .
May your future hold
wondrous things.
We love you,
Mom, Dad & Molly



Lindsey Evans

*Reach for the Stars!
Live your Dreams!*

Love,
Mom, Dad, Lo, & Sam

We're so Proud!



Adam Brownback

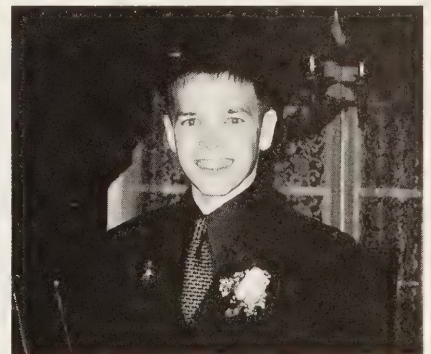
Adam,
Congratulations on being
part of the first
graduating class!
We love you,
Mom & Dad



Patrick Heck

*You were off and running since the
moment I dropped you off at
kindergarten. You've been a shooting
star ever since! There's no end to your
promise. Go make us proud.*

XOXOX



Malise Tepera

Congratulations, Malise.
Your smile and positive attitude
will help you to achieve your goal.
May all of your hopes and dreams
come true.

Love,
Nanna Hessong



Mrs. Brenda Bloomer's Fifth Grade Class Rockhill Elementry-April, 1994



Can you find these seventeen graduates of 2001?

Brian Britton, Lindsey Evans, Jennifer Franklin, Chris Fulmer, Joanne Gold, Lauren Griswold, John Hall, Katherine Harris, Amy Jackson, Tony Mammarella, Elspeth Ridout, Julie Ross, John Schaefer, Katie Schatz, Zach Traywick, Chris Weaver, Nick Zumwalt

tell me more...

6. I got lost on the way home. Stafford is just a maze.
5. I got stuck behind a tractor.
4. The speed limit was too slow.
3. I was looking at the radio, trying to change the station . . . and this parked car just came up on me out of nowhere.
2. I drove into a ditch, trying to dodge some lunatic kid on a scooter.
1. I hit a cow.

Top
6

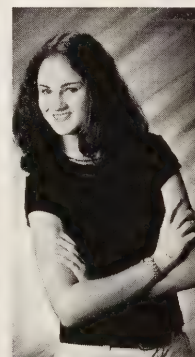
excuses for
being late for
curfew

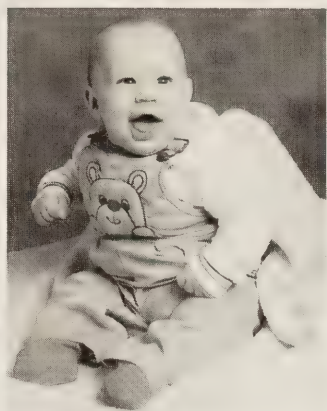
Catherine Meadows

From the beginning, you have
been determined to do your best
in your own way.

Always believe in yourself and
in your dreams. We do!

Love,
Mom, Dad & Wesley





All our love,
Mom, Dad,
Erika, Heather,
& Hershey

Daniel Wasson

160

Thank you both for all the years of "Raw Nerves," enjoyment, and pride watching you wrestle, and especially for seeing you both grow into such good friends. We never dreamed six years ago in middle school you would accomplish so much as wrestlers and young men. We wish you bright futures and success in all you do.



"Our Bubby"
Love,
Mom, Dad,
Kate, & Jen

Chris Fulmer

152

"We paid your price and got the attitude."



Brad Snyder

"And what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God."

Micah 6:8

Always look up and stand tall.
We are so proud of you.

Love,
Mom, Dad, Rich,
Christa & Kirsten



Amanda Mullins

The world is at your fingertips and it is ready for you to leave your mark. You are everything we could have hoped for and more and we will always be here for you. Live your life to the fullest, keep smiling, and most of all be happy.

Congratulations!

Love,
Mom & Dad



Alaina Hernandez



Alaina at 1 day old. The ribbon was so large, it almost covered her head.



Alaina at age 4. She was *actually* happy in this picture.



Alaina at age 5. Even with her hair like that, she was still smiling like a CAT.

Congrats,
Alaina.
We're all so
proud of you.

Love,
Mom, Dad &
Allan



Alaina at age 7. Thoughts of the runway had her posing like she was already there.



Alaina at age 7. The "studious" New Kids On the Block fan dared not smile after mom put that ribbon in her hair.

Malise Tepera



Malise,
Congratulations on all of your
accomplishments over the past years. Best
wishes for a wonderful future.

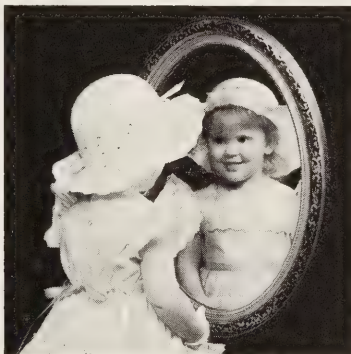
All our love,
Grandma Peggy & Grandpa Ed



Katherine Harris

You've come a long way, baby!
We're very proud of you, your
determination, and your
tenderness. Stay loyal to your
values, and go for it!

We love you,
Mom, Dad & Julia



Beth Williams

We love you, Betty! We are really
proud of who you've become!
Stay true to yourself!

Love,
Mom & Dad



Akemi Parker

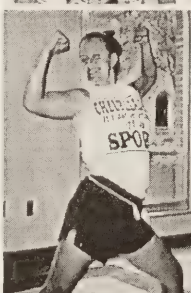
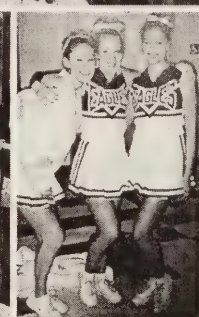
Hiroshi left; now Akemi is leaving, too, and though we are sad, we must
take over the responsibility for creating trouble for the parents to keep
them on their toes!

Enjoy life!
Kuma & Tora

CFHS VARSITY ... enough said



Commitment...
Losers quit when they're tired.
Winners quit when they've
won.
It's the hard that makes it
great!
2000-2001



Graphic and ad design by Heather Benson



Linda Wesley & Kelly Burcham



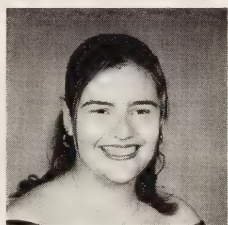
"A friend is one who knows all about you, but likes you just the same."

Did you just fall? • We'll be friends forever because we never, ever lie to each other about anything. • I got a chick rollin' up half black and Asian. • Don't you hate it when you're trying to tell someone something and they just don't get it? • Kelly converts everyone. • Do you know what subliminal means? • Twizzlers. • It's not normal to apologize this much when you're driving. • Breakdancing. • Just go, just drive! • Don't like her... don't like her... • British accent. • Delayed reaction. • Why do we talk the way we do? • Having a conversation without using complete sentences. • K B and L Wes... and J Lo. • Let's make funny faces at each other. • Three holes. • Pacifiers. • Did you just fall again? • Touching issues. • We never do anything normal. • Do you have spray? • Talking just to hear yourself talk. • Trying to come up with things we hate about each other. • The only female RFPs. • Is it just you two? Or is there... someone else? • Limestone College weekend. • Is it my day to buy lunch? • Linda's garage. • We hang out too much. • Triple A. • Please don't let your feet touch me while I'm sleeping. • We need a third. • Pushing Kelly onto the cafeteria floor. • I call chair. • PlayStation2. • 90% of our phone conversations are laughing. • Lady V. • Let's make a plan. • Linda is the ringleader of Kelly's posse. • Slow... slow... barely touch off! • Stories that no one else thinks are funny. • SDC. • Kelly talks, Linda "listens." • Did you just fall *again*? • Asian & 2tone.

Carie F. Sanchez

Deseando te todo lo mejor, como minieta. Te deso un futuro bello al final de tu estudios.

Con amor y carino,
Abuela y Abuelo



May God bless you and carry you in the years to come. We both love you dearly and want the very best for you.

Love,
Dad & Elisa

tell me more...



"We shouldn't be penalized for trying to keep our breath fresh. I think that if students want to chew gum they should be allowed to."

Sophomore Alex Smith

"I agree with the gum policy because once I sat on gum that someone had put on my seat, and it took forever to get it off."

Sophomore Charles Fitzgerald

"I think that there are some people who are irresponsible with gum, but I don't believe that the majority should be punished because of the minority."

Junior Cecelia Hardesty

To chew or not to chew . . .
The No-Gum Policy

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Keep the smile on your
face that lifts up the
hearts of all who know
and love you!

Love,
Your family #2



From your first Halloween ...



To your first day of school at G.E.S.



John C. Schaefer

Johnny,

You are our
pride & joy.

Love & stuff,
Daddy & Mommy



Our little wiseman goes through school.



We are proud of you as you become the first class to graduate from the Forge.
Through Boy Scouts, we go on to make Eagle Scout.





Jamie Lee Hopson

Words of encouragement:

Success is never final,
Failure is never fatal.
Courage is what counts.

Love,
Mom & Dad



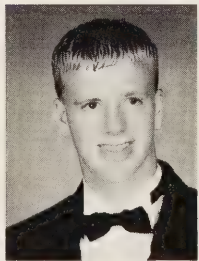
Jeffrey Young

It seems like yesterday
that we put you on the school bus
for kindergarten.

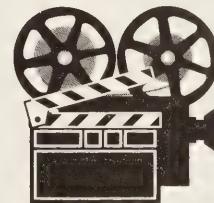
You have made us very proud.
CONGRATULATIONS!

You have a very bright future
in store for you.

Enjoy,
Mom & Dad



tell me more...



"I would have to say Down to Earth because I am
going to see it soon."

--Freshman Brianna Lockett

"I like Gattaca because it relates to what I want to do
in the future."

--Junior Monica Cornuet

"Romancing the Stone because it has everything.
Action, romance, adventure, and comedy. It's great!"

--Senior Kami Heddings

What is your favorite
movie and why?



Mark A. Major



Mark,
You are the son that all
parents wish for but don't
always get. But we were
the lucky parents who got
you. Although you are
sometimes HARD-headed
like your grandad's son!

Love,
Dad



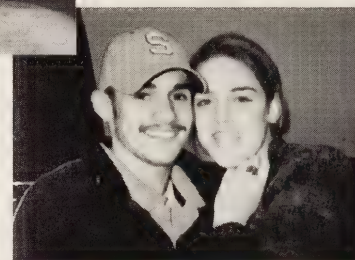
Mark,
We, as your parents, have
enjoyed all the wonderful
times we have spent
together. I think we raised
you to get through life and
be successful in anything
you set out to do.

We love you!
Love,
Mom



Mark,
You did it! You proved everyone wrong! No one was supposed to win my
heart! I was always just gonna be the "dater," not the committed one. I think
we've shocked a lot of people, especially ourselves. Thank you for not only
your wonderful love, but your genuine friendship. No matter where life
takes us, you will always hold that spot in my heart. I love you!

Love always & forever,
Natalie



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Chris Endrizzi

T O F R



He always had a sense of style,
and the glasses were destined
to return.

Dawn Joy Oesterle

You are a child of God
and
He blessed us with you.



Thoughtful
Kind
Loving
Dedicated
Compassionate
Slow to Anger
Loyal



Giving
Honest
Caring
Respectful
Hard Working
Spiritual
Real



“‘For I know the plans I have for you,’ declares the Lord. ‘Plans to progress you and not to harm you, plans to give you hope and a future. Then you will call upon one and come pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.’” Jeremiah 29:11-13

Love,
Mom, Dad, Eric, Alexis & Melanie

Hard work . . .

by Bryan Penman & Ben Nason

Need money? Students found many ways to make money in the community. Whether it be to pay for a car or just have a little extra spending money, students learned to fit jobs into their busy schedules. While some jobs were hard work, often times a job was more fun than one expected.

Some students, like senior Mike Gillies, were employed at a restaurant. Mike, who worked at Carlos O'Kelly's, said, "It's sweet. We take the rotten tomatoes and take them

out by the Dumpster and play baseball with them."

Senior Margaret Adair spent her evenings working at the Starbucks in Mary

Washington Hospital. "I enjoy working there because I get to make people smile who are having a bad day," she said.

"I work at Food Lion and sometimes its fun just to hang out at work. I get along with the people," said junior Ameer Milling.

Generally, students found that they enjoyed their jobs . . . sometimes a little more than expected. Senior Tommy George said, "I work at Blockbuster. I just got the job because my dad wanted me to work, but I really like it. Me and Kelly [Burcham] have a lot of fun working together, and it's always nice to have a paycheck."

All work and
no play?

Hold Tight. Senior Crystal Frakes helps Amanda Callender on the uneven bars at Royals Gymnastics Center. "It's really cool working with kids because you get to watch them grow up," Crystal said.

Clean Up On Aisle Five. At the end of the night, junior Coy Nelson cleans up and straightens out the shelves at Giant.



Photo by Ashleigh Varnosi





Photo by Ashleigh Varnosi

Photo by Ashleigh Varnosi



Photo by Ashleigh Varnosi



Photo by Ashleigh Varnosi



Photo by Ashleigh Varnosi



COMMUNITY EVENTS

Squeaky Clean. At the end of the night, junior Nick Minor cleans the cash registers as a part of his job at Giant. As a courtesy clerk, Nick also had to sweep floors, bag groceries, and load cars.

People Make A Difference. On a Saturday night, sophomore Jason Mudd rings up an order at Golden Corral. "I enjoy working here because I get to work with nice people," Jason said.

Bagman. On a Saturday night, junior Chris Albright bags groceries at Food Lion in North Stafford. Chris, who worked three to four days a week, also brought in the shopping carts from the parking lot at the end of the night.

Happy to Work. After school, senior Mat Smith puts together a Happy Meal at McDonald's. Mat worked in the kitchen as a cook. Of his job, Mat said, "It has its ups and downs, but it's a job."

tell me more...

"I think it's a waste of time
because everyone just keeps
talking. It's not really a
moment of silence."

~~~

Freshman Tim Missigman

"It gives you a moment to be  
quiet and honor your  
country."

~~~

Sophomore Brandon Stevens

"The moment of silence is
helpful because you can
take time to thank God for
what you have."

~~~

Sophomore Suzi Wiley

"It's not helpful because a  
lot of people don't like to  
pray while they're at  
school."

~~~

Sophomore Antonio Lambert

Do you think that the
moment of silence is
helpful or do you feel
that it is an invasion of
your rights?



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more than...

silence

"Sometimes I write notes to friends [during the moment of silence]. And although most of the time I pray out loud, if I must be silent I am. I reflect on the things I've said and done that I wish I hadn't."

Sophomore Shannan Reynolds

tell me more...

"The only way Napster would be right is if it were paying the musicians--whose music they are now stealing."

~~~

Freshman Shenita Oglesby

"I don't see why all these artists are getting mad. It's not like they're poor and can't survive if people get their music for free sometimes."

~~~

Freshman Tommi Brochu

"Yes, the music companies are right for suing them. If you work really hard on a CD and someone is giving your songs away for free, then you're losing money."

~~~

Freshman Jessica Reynolds

"Napster gives people a chance to get to know new musicians."

~~~

Freshman Melissa Stockenburg

Do artists have reason to be upset about Napster and other online music sharing communities?

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more than...

music

"I play in a band in my friend Adam's basement. I've played drums for a year and the bass guitar for two months. We do a lot of jazz and rock."

Sophomore Matthew Penman

tell me more...

"Some of the most popular cars were the Mustang Cobra and the P.T. Cruiser."

~~~

Junior Brandt Purvis

"P.T. Cruisers won't stay big because something else will come in that will be better and people will stop focusing on it."

~~~

Junior Rachael Merendino

"I thought Eclipses and Mustangs were popular. I think P.T. Cruisers are going to remain big because they're a lot like older cars."

~~~

Junior Melissa Taylor

"I don't think P.T. Cruisers are very big now. They were all the rage when they first came out, but I think they've lost their appeal."

~~~

Junior Kim Hardison

What were some of the most popular cars of the year? Will the currently popular P.T. Cruisers remain big?

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more than...

a teen driver

"I'm interested in becoming a test driver who drives concept cars for Motortrend or a Formula 1 motorcycle racer."

Junior Scott Rudd

tell me more...

"Temptation Island was highly offensive to me. I believe that they shouldn't do the stuff they're doing outside of marriage and should not be publicizing it."

~~~

Freshman Amanda Hess

"I don't think those shows were wrong. If people are dumb enough to go on Temptation Island, then let their relationships fall apart."

~~~

Freshman Jonathan Hoffman

"I didn't think that Survivor was offensive. It teaches people to overcome obstacles in their lives, no matter how extreme."

~~~

Senior J.J. Buchness

"No, they're just reality. Reality can't be offensive."

~~~

Freshman Dave Firch

Were reality television shows like "Temptation Island" and "Survivor" immoral or offensive to you? Did they represent the nation as a whole?

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more than...

survival

"I've been trained in survival by marines and military cadets. I do it because it's a unique challenge, although the basic rules seem pretty simple. Stay close and stay dry. Wet shoes are really awful. In fact, rain makes everything awful. And stay away from berries.

Freshman Charles Polley

tell me more...

"I usually follow figure skating and equestrian events. They're unique and diverse."

~~~

Sophomore Amy Breitbarth

"I followed the track and field and soccer events. I think the really, really fast girl left an imprint on our world."

~~~

Freshman Mark Salinas

"I didn't watch the Olympics."

~~~

Junior Sean Fox

"I watched a lot of the swimming events. All of the women's relay teams were really impressive."

~~~

Senior Ashley Derby

Which of the 2000 Olympic events did you follow? Which Olympic athletes left an imprint on the world?

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more than... *an athlete*

"I love football--for real, for real! I'm not only a player, but also a huge fan. Yo, I watch that junk for like six hours every Sunday."

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Apollo 2001

Apollo, volume II, was produced by the Journalism I, II, III, and IV classes at Colonial Forge High School in Stafford, Virginia. It was published by Herff Jones Yearbooks in Gettysburg, Pennsylvania, advised by **Don Siegmund**, and edited by **Kelly Burcham**.

The account was serviced by our patient representatives **Annette Rollyson** and **Gayle Price** and customer service adviser **Debbie Drobenak**.

The first ideas for the yearbook were conceptualized late last year. The 1999-2000 staff contemplated themes, including "You are here" and "Picture Perfect," before deciding that "wait...there's more," created by **Kelly Burcham**, **Michelle Fabie**, and **Courtney Paskanik**, was the theme of choice.

Four staff members attended Herff Jones's workshop, "Yearbook Experience Plus," in Gettysburg, Pennsylvania. Staff members **Kelly Burcham**, **Morgan Crandall**, **Jessica House**, and **Emily Mathusa** spent their time further developing the theme and design of the book, and perfecting darkroom basics (and looking for Waldo).

The cover was designed by **Kelly Burcham**, with much-appreciated help from Mrs. **Sharon Null**, and incorporated a lithographed design with process color

applied to a White Permacote base material. Endsheets were printed on VC-01 White 100 pound paper stock using HJ286 Colonial Blue and HJ950 Black inks. The 244 pages of the book were printed on 80 pound paper stock and included 29 pages in full color.

All body copy was set in Garamond 11 point. All captions appeared in Garamond 10 point. Headline fonts were Forte or members of the AmericanTypewriter font family.

The yearbook was put together on four Pentium Explorers, which could be seen decorated with silver garlands and plastic fire marshall hats. An overworked HP LaserJet 4050 served as our printer. Layouts were submitted to the printing plant on disk, using Adobe Pagemaker 6.5.

All copy was written by staff writers. Portrait photos were taken by Lifetouch Photography, and other professional photographers, including Bill Buttram Photography and Glenn Graves Photography. Some candid photos were donated by the student body. Most were taken by staff photographers and developed by Richmond Camera, PhotoArt, CVS, and, of course, in our "black hole" of a darkroom.

The 700 copies of Apollo 2000-2001 were sold for between \$40 and \$60.

Natalie Childress and **Beth Zinger**, thank you for taking on the monumental task of indexing.

Thank you to our computer gurus downstairs: **John Sevitzyk**, **Dave Robinson**, **Jill Gossard**, and **Noah Gossard**, who fixed whatever technical problem that we could possibly throw at them without fail.

We want to thank Dr. **Lisa Martin**, Mr. **Harry Johnston**, Mr. **Nick Mammarella**, and Mr. **Mike Wondree** for supporting the yearbook program. Thank you to Mrs. **Margaret Akers** and Mrs. **Cassie Dye** for keeping all of our finances straight.

Linda Wesley & **Mike Gillies**, our honorary staff members, thank you for giving me quotes at the last minute when I was up against a deadline. Mike, thanks for that Top 10. Thanks for annoying me when I was trying to get my work done, Lin. ("Why are Kelly & Ben the only ones still here?") And more importantly, thank you both for keeping me company and making me laugh when I really needed it.

Thank you, **Bryan Penman**, for telling me when my brilliant design ideas weren't really so brilliant, for de-stressing me when I was really stressing, and for helping us do proofs and get our final deadline in. "Lean on me . . ."

Last but not least, thank you to the student body for donating pictures, filling out all of those surveys, and being patient with us when we had to keep retaking your picture because "the other ones got ruined."

Congratulations, class of 2001. Good luck in whatever the future brings your way. Do what makes you happy. Keep in touch. Mu-ah!

Kelly A. Burcham
Editor-in-Chief

It takes a little more...
to make a yearbook

Editor-in-Chief

Kelly Burcham

Co-Photography Editors

Morgan Crandall

Kevin Dodson

Rebecca Dudenhefer

Emily Mathusa

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Lauren Griswold

Assistant Editor & People Editor

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Melissa Hughes

Bryan Kerr

Malika Khalsa

Jessica Lam

Ruth Martin

Laurie Miller

Randy Moore

Joyce Owens

Courtney Paskanik

Jeanine Robinson

Tara Roe

Liz Sowers

Brandon Taylor

Malise Tepera

Ashley Vamosi

Surima Whitfield

Chris Whittington

Amy Wood

Adviser

Don Siegmund

Thank you to the entire staff and everyone that put time and effort into the yearbook. Someone brilliant (no clue who) once said, "There are no shortcuts to any place worth going." Thank you for not taking shortcuts . . . and for not hating me when I corrected your shortcuts. Thank you, Mr. **Don Siegmund** and Mrs. **Kathy Wieczorek**, for your patience and guidance in getting us to that place worth going.

A h-u-u-u-g-e thank you to our Herff Jones representatives **Annette Rollyson** and **Gayle Price** for helping us, answering our questions, and saving us when a certain someone forgot to change the page numbers on the endsheets (oops!).

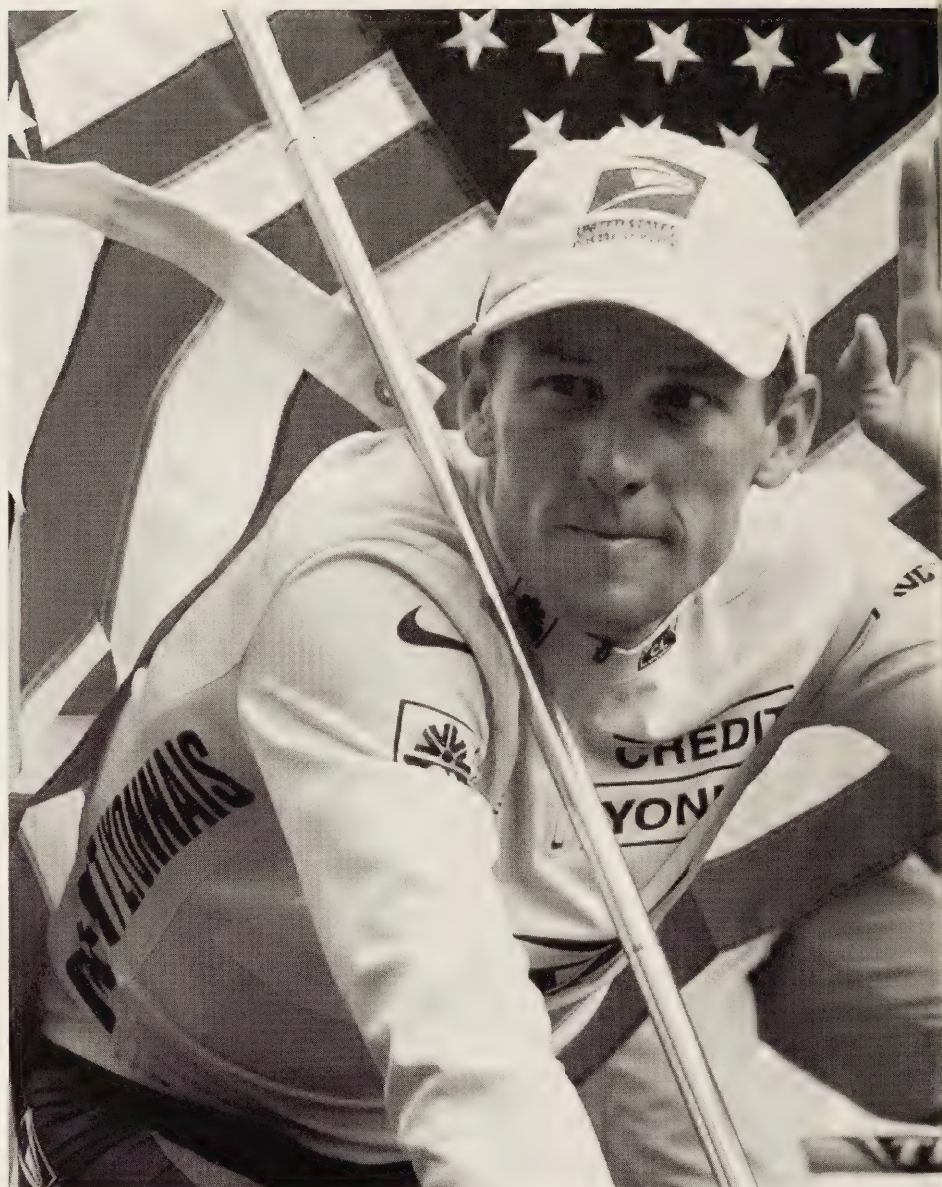
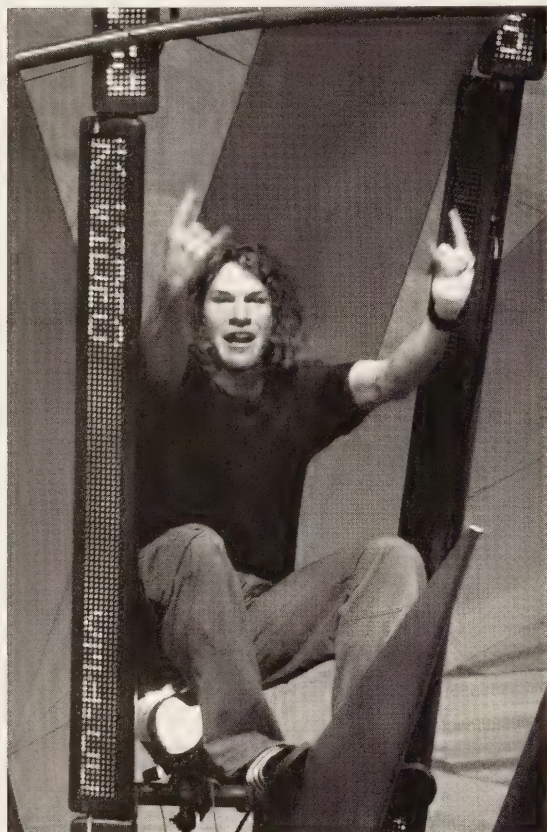
Thank you to all of the section editors for your dedication. Thank you, **Akemi Parker** & **Mike Essig**, for not hesitating when I asked you to be section editors. You had no idea what you were getting yourselves into, did you? **Brittany Trant**, thank you for having everything under control. **Lauren Griswold**, how many times did you say to me "Kelly, I had to redo this article but everything is fine now"? Thank you for your initiative. Thank you, **Ben Nason** (the thug), for keeping me laughing from Day 1, and for being patient with your sometimes difficult staff. And **Michelle Fabie**, thanks for being so dependable. Dependability is hard to come by, as we have learned this year. 'Chelle, you're my hero.

Morgan Crandall, **Emily Mathusa**, **Kevin Dodson**, and **Becca Dudenhefer**, thank you for keeping our "black hole" operating. Thank you for making photo assignments and filling in for photographers.

A special thank you to **Brooke Abernathy** (the most amazing copywriter ever), **Stephanie Harmon**, **Bryan Kerr**, **Ashleigh Vamosi**, and **Surima Whitfield** (for keeping Lauren sane). You guys are awesome.

In the news . . .

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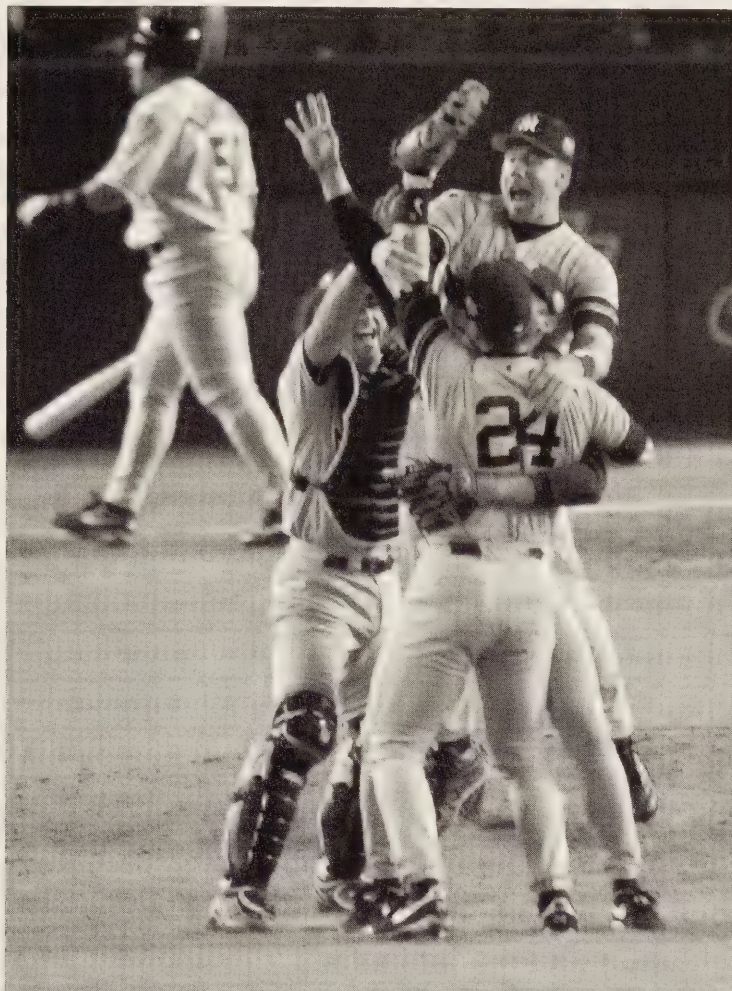
Tim Commerford, the bass player for the band Rage Against the Machine, gestures from the backdrop at the 2000 MTV Video Music Awards on September 2, 2000, at Radio City Music Hall in New York. As Limp Bizkit accepted the award for best rock video, Commerford appeared, sitting atop a stage prop about ten feet above them.

Actor Michael J. Fox holds his award for outstanding lead actor in a comedy series for his work in "Spin City" at the 52nd Annual Primetime Emmy Awards in Los Angeles, September 10, 2000. The show came to a close after Fox disclosed his struggle with Parkinson's disease.



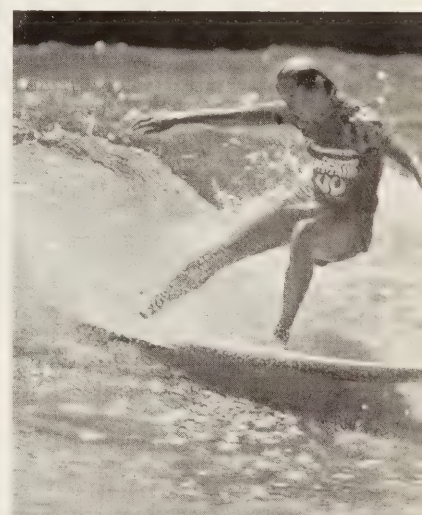


Tour de France winner Lance Armstrong rides down the Champs Elysees with an American flag after the final stage of the cycling race in Paris, Sunday, July 10, 2000.



The New York Yankees celebrate after defeating the New York Mets in Game 5 of the World Series 4-2 on Thursday, October 26, 2000, at New York's Shea Stadium.

Layne Beachley of Australia, currently the women's surfing champion, makes the best of an average-sized wave as she competes in the U.S. Open of Surfing on Wednesday, July 26, 2000, at Huntington Beach, California.



On July 4, 2000, the Niagara, from Erie, Pennsylvania, passes by the Statue of Liberty in New York Harbor during OpSail 2000. OpSail sponsored sails to commemorate significant events in U.S. history.

On September 20, 2000, U.S. swimmer Misty Hyman celebrates winning the gold medal and setting a new Olympic record in the women's 200m butterfly at the Summer Olympics in Sydney, Australia.

In the news . . .

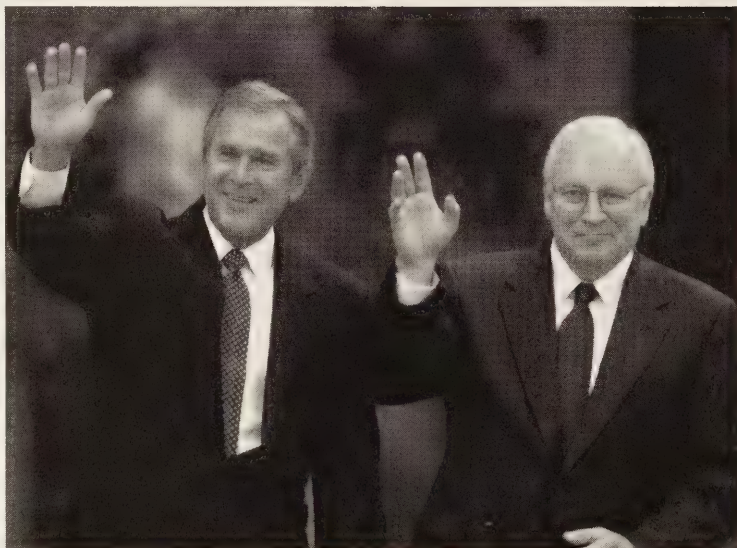
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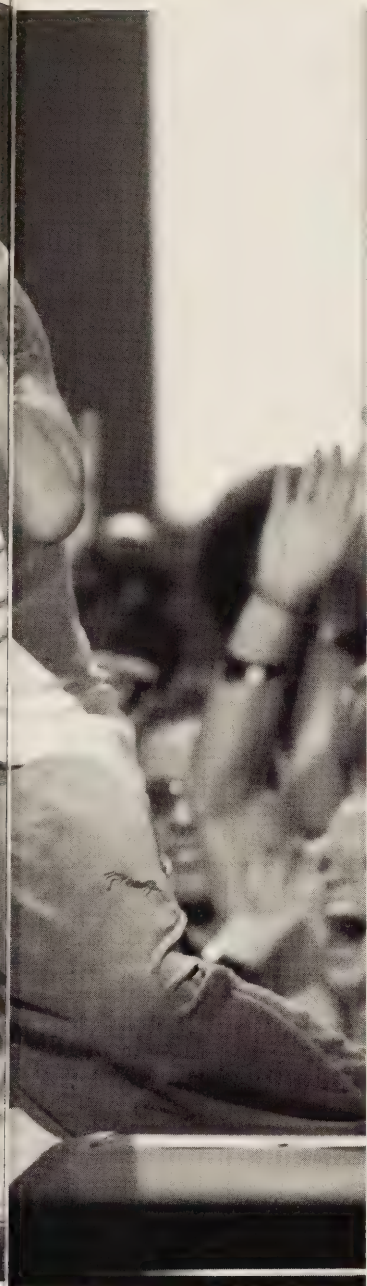
Rap artist Eminem performs at the 2000 MTV Video Music Awards Thursday, September 7, 2000 at Radio City Music Hall in New York. Eminem won the best video of the year and best male video for his single "The Real Slim Shady." His collaboration with Dr. Dre in "Forgot About Dre" won him the award for best rap video.



On Monday, July 31, 2000, approximately fifty miles north of Ridgecrest, California, a firefighting plane dumps fire retardant on the trees alongside the road to prevent flames from jumping the road.

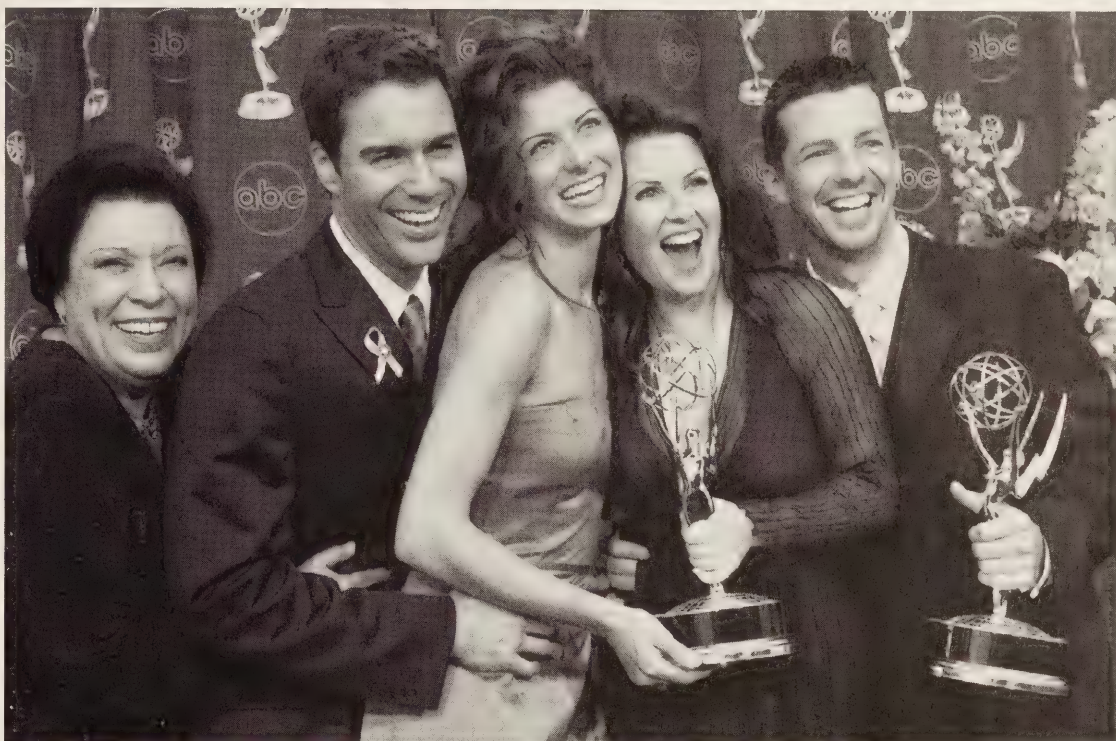
Republican presidential candidate Governor George W. Bush and running mate Dick Cheney wave to media cameras after Cheney's arrival at the Governor's Mansion in Austin, Texas, July 25, 2000. After a heated election, highlighted by ballot recounts, Bush and Cheney were inaugurated on January 20, 2001.





On Sunday, October 1, 2000, the closing ceremony fireworks for the Sydney 2000 Olympic Games erupt over the Sydney Harbor Bridge and Opera House.

“Will & Grace” cast members Shelley Morrison, Eric McCormack, Debra Messing, Megan Mullally, and Sean Hayes celebrate their award at the Emmy Awards on September 10, 2000. The show walked away with awards for best comedy series and best supporting actor and actress for Hayes and Mullally.



On August 23, 2000, “Survivor” show winner Richard Hatch, left, and fellow finalists Rudy Boesch, Susan Hawk, and Kelly Wiglesworth arrive to the show party at CBS Studios in Hollywood.

U.S. sprinter Marion Jones celebrates her gold medal victory in the 100 meters at the Olympics in Sydney, Australia on Saturday, September 23, 2000. Jones won with a time of 10.75 seconds.

Uncertain of what came next
or exactly where we were headed,
but more certain of who we were
and what we were doing,
we took our last test, played our last game,
attended our last meeting.
We looked back, reflecting on the way we had come.
We realized that we were indeed more than just students.
More than our grades, our sports, our clubs.
And we came to want more.

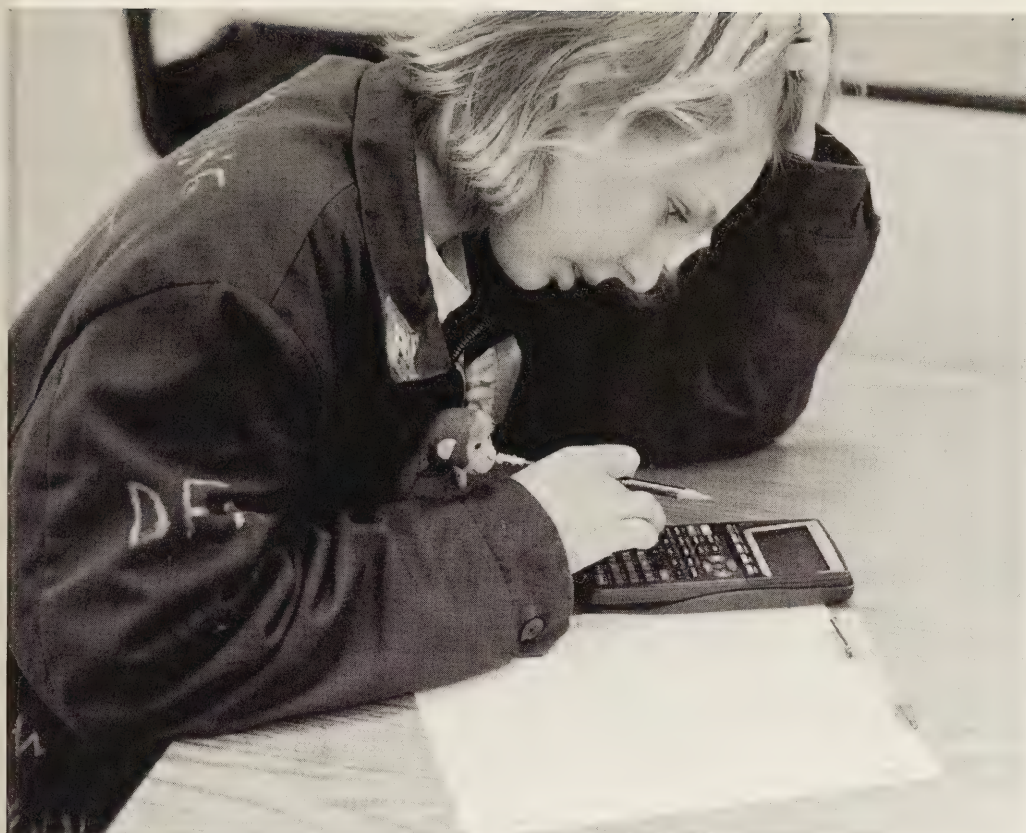
Expect more.

wait ... there's more

All 1289 of us together,
basking in our uniqueness and our self-discovery,
walked into the future, unsure of what it held.
We were sure we would remember
to look deeper and see the lives beneath
the personal records, grade point averages, and resumes.
It was more than a school.
It was a way of life.

And there's more to come.

by Kelly Burcham



Calculations. During her Algebra I class, sophomore Joelle Whitfield checks her factoring on a TI-83 calculator. "You can apply math to almost all jobs that you might get," Ms. Tori Helmer said.

I am more than a writer. I am more than a volunteer. I am dedicated. I am a journalist. I am more than a friend.
 I am an SCA officer. I am spontaneous. I am a runner. I am normal. I am a golfer. I am strong.
 I am intelligent. I am a slacker. I am an artist. I am more than a cheerleader. I am a mediator. I am a leader.
 I am an individual. I am original. I am a science student. I am a success. I am more than a mathematician.



Big Dreams. As a part of Spirit Week, seniors Jeff Young and Malise Tepera portray how they see themselves in twenty years. As the first graduating class, seniors felt pressure to set the standards for classes to come.

Summertime. On a hot August afternoon, the JV football teams practices running plays. Fall sports teams began practicing over the summer so that athletes could prepare for the season and prove their dedication to their coaches.



Apollo 2001

Apollo 2001 Staff Front Row: Alaina Hernandez, Morgan Crandall (Photography Editor), Beth Zinger (Photo Coordinator), Ben "The Thug" Nason (Business & Community Editor), Bryan Kerr, Becca Dudenhefer (Photography Editor), Malika Khalsa. **Second Row:** Nikki Dowling, Courtney Paskanik, Ruth Martin, Kelly Burcham (Editor-in-Chief), Tara Roe, Jessica House, Brigid Cepauskas, Michelle Fabie (People Editor & Assistant Editor), Surima Whitfield, Lauren Griswold (Student Life Editor), Brittany Trant (Sports Editor), Akemi Parker (Organizations Editor). **Third Row:** Malise Tepera, Heather Benson, Stephanie Barill, Jessica Lam, Christine Wysocki, Ashleigh Vamosi, Mike Essig (Academics Editor), Heather Glasgow, Emily Mathusa, Natalie Childress, Alicia Burton. **Back Row:** Laura Brockman, Sarah Dye, Brandon "QT" Taylor, Rachel Herriott, Laurie Miller, Randy Moore, Jeanine Robinson, Amy Wood, Jessica Giles. **Not Pictured:** Brooke Abernathy, Kevin Dodson (Photography Editor), Stephanie Harmon, Melissa Hughes, Joyce Owens, Liz Sowers, Chris Whittington.

Handwritten signatures of staff members:
 Jessica Lam, Courtney Paskanik, Janine Miller, Surima Whitfield, Nikki Dowling, Brittany P. Trant, Laura Brockman, Rachel Herriott, Morgan Crandall, Liz Childress, Kelly Burcham, Liz Sowers, Lauren Griswold, Michelle K. Fabie, Brigid Cepauskas, Beth Zinger, Emily Mathusa, Akemi Parker, Malika Khalsa, Amy Wood, Janine Robinson, Jessica Giles, Alaina Hernandez.

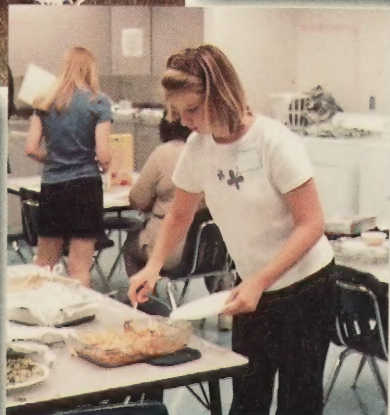
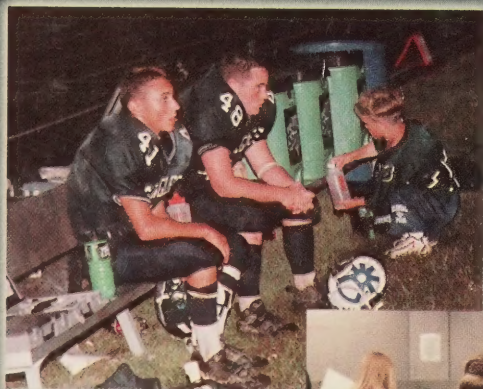
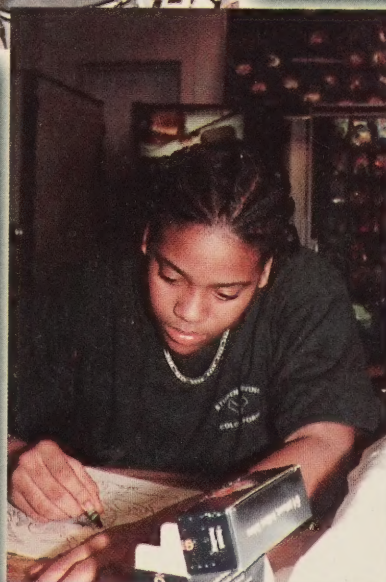
Ben & Kelly's relationship. • Why don't you just say I'm your daddy? • Slice and dice! • Got rice? • Awww, that's precious. • Getting action at the Health Fair. • Amy & Malika, choose a firing punishment. • Is it Samantha or Sarah? • Two hours for a Chalupa at Taco Bell. • In regards to my hibernating turtle... • Junior Firefighters. • Note to all Staff Members: Only Ben is allowed to wear baby blue pink underwear. • Very loose. • Element. Fill. Stroke. • The superior sex. • Sending a love letter to the wrong printer. • Wanna hear a funny story? • Tara and beasts. • Someone stole our pictures. • I'll use your own Chinese tortures on you. • Balls.com • Ruth asking Kelly about the ice, all thanks to Ben. • Stepping on Surima. • We all have religions, too. • Fool's gold. • How's all in China? • Twenty minutes to get one simple question answered. • If you don't lick the wall... • Crusty brows. • The day QT died. • In the black and white. • Bedroom slippers are so not cute. • It's room 540, QT. • Queenie & Kingie. • Lump Bizkit "Faith" sing-a-long. • I was in the bathroom. • You've just broken some of the premarital things. • Prom Queen is not a sport. • Don't stick a paperclip in the microphone outlet. It makes a funny noise. • Brooke used to be nice. • Where's Waldo? • The shoes always match the shirt. • The Bar Cave. • Kiwi strawberry & white cheddar. • Morgan, am I being a witch? • Have any more of those senior things come me? • The Quote Board... • "Oh it's up." • We're the poo. • Where did Courtney and Nikki go? • How do you spell 'scary'? • Brigid dresses like Randy. • Brittany vs. Lauren & Brooke about cliches. • Excuse me, dogs do that... • Caucasian Asian & Asian Invasion. • We're going to get quotes. • Alaina will say it. • Corky... • "Leave me 'lone." • Did it hurt? • Nelly- "Ride Wit Me." • Make animal noises. • This song makes you want to run. • Rachel's darkroom admirer. • Only four people have keys to the special drawers. • Polar bear in a blizzard. • SSSnake pants. • Rude comments. • Surima holds Lauren back. • The Socially Incorrect. • Brittany gets wrestling, Brooke gets soccer. • Are we going to the beach? • Stick figures. • That's a big disk. • So who's doing yearbook next year?



The Free Lance-Star
616 Amelia St.
Fredericksburg, VA 22401

Back cover, photos from top to bottom:

Picture 1: After much anticipation, juniors Stephanie Graham and someone someone receive their class rings. Photo by Michelle Fabie **Picture 2:** Members of the Forge Sound raise their instruments in salute to the football team on the field. Photo by Heather Benson **Picture 3:** On Back to School Night, September 2, junior Tish Smith colors to pass time. Tish acted as a babysitter for Learn & Serve's childcare program. Photo by Alaina Hernandez **Picture 4:** At a football game on September 1 against Stone Bridge, freshman Casey Graham fills a water bottle for seniors Larry Bruno and Justin Stonehill. On game day, the heat reached the upper nineties with high humidity levels and players, coaches, and fans were forced to "sweat it out," according to Larry. Photo by D. Siegmund **Picture 5:** Participating in a teacher banquet sponsored by the Foods Around the World I class, freshman Kate Millbaugh spoons a serving of quiche casserole onto a plate. Class members prepared and served a meal to teachers during lunch shifts. Photo by Laurie Miller



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